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NAUTICAL NUANCE

BY LACOSTE FOOTWEAR



Inspired by Lacoste's love of sailing, the latest MEYSSAC DECK for women marries nautical functionality with urban appeal.

Premium suede uppers are washed in monochromatic tones, with textures giving this ultra-chic style depth and contrast. White rubber outsoles reference the shoe's water-treading heritage, while its mid-cut silhouette makes it perfect for a day in the city.

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The Emotional Stages of **Cleaning Your Closet** "I'll never know when I'll need that

accordion skirt."



13 Struggles Only Girls With **Loooong Names Understand** People NEVER remember the order of your names.



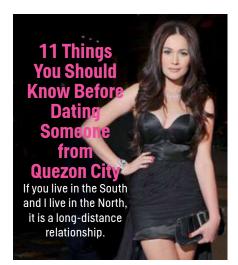


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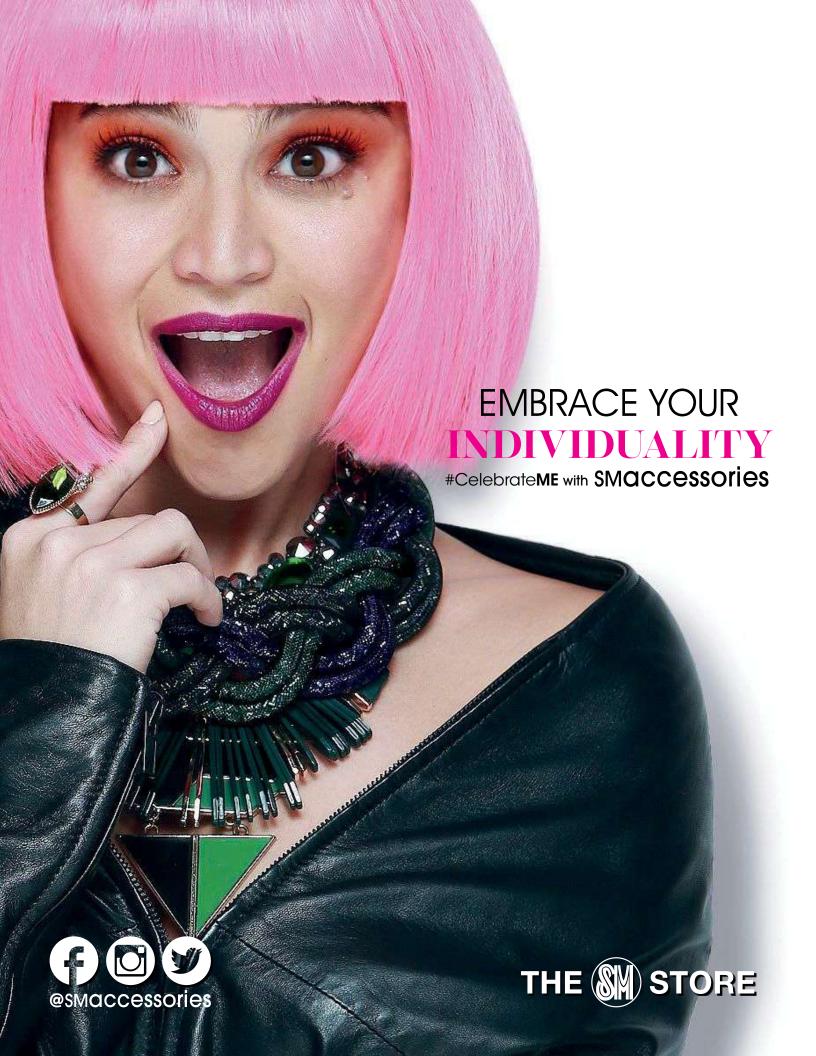




When You Go Through A Quarter-Life Crisis

Here's What Happens Nine girls share their stories.







Cosmo
Centerfold
Daniel Velasco
tells us how
living on his
own has helped
him grow in
more ways
than one.

The Start of Something New

I decided to move to a condo close to school because of the hassles brought about by the heavy Manila traffic. As much as the prospect of living on my own excited me, I also worried about how different things were going to be.

I had to start cleaning my own space, cooking my own food, doing my own laundry, and a lot of other household chores that are time-consuming. I asked myself: Is it worth it?

Be inspired by Daniel Velasco and his independent litestyle!



Time to Adjust
The first few months were the most difficult because I constantly had the impulse to move back home. To cope with homesickness, I would stay out with friends, or stay in and invite them over to go swimming in my building's pool—my favorite hang-out place. That's where I actually built my network and things were great. I felt more at home in my condo.

My Best Self
So much has changed since I moved into my condo. I used to survive on instant noodles and fast food, but I now maximize the use of my kitchen. I also used to go to the library to study, but I realized that the student lounge in my condo is a lot more comfortable. I thought living solo was all about convenience, but then I learned it's also about learning something new every day and becoming my best self.



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GREEN RESIDENCES

Green Residences is a 50-storey building beside DLSU on Taft Avenue with everything a student needs. It has a study hall for when you need to focus, as well as amenities for downtime like a game room, fitness center, swimming pool, and function rooms.



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Best Shampoo Dove Oxygen & Nourishment Shampoo

Dry and flat hair? Cosmo has found the solution. Dove Oxygen & Nourishment Shampoo has Oxyfusion Technology which not only keeps your hair clean but also gives your hair up to 95% more volume* without looking and feeling heavy. This definitely gets our nod of approval.





PHOTOS) CLARISSA DELA PAZ (DAIRY DARILAG), JUSTINE DEL ROSARIO (TOFF TIOZON), MARK CHESTER ANG (MARK CHESTER ANG)

contributors



ANTON UMALI wrote "4 Lines We Just Don't Buy Anymore," (p.94). He says, "I always enjoy collaborating with my girlfriend (who wrote the For Your Guy piece on p.95). Since we're both editors, it's simultaneously exciting and eyeopening to see how things will unfold. It's challenging finding that balance of humor and seriousness, because although relationships are complex, they're also supposed to be fun."

"Even if most people believe men and women are programmed so differently, we actually have more in common than we think."



MARLA MINIANO wrote "6 Excuses We Can See Right Through" for For Your Guy (p.95), her answer to boyfriend Anton Umali's His Point of View piece (p.94). About it, she says, "I liked that I got to write from a girlfriend's point of view, but also that it didn't have to be the typical Men Are Evil Buffoons rant. We should really give our boyfriends a break once in a while!"

"Men want us to be happy, too. They really do. We just have to help them."

CLARISSA DE LA PAZ, co-author of I Wish They Taught Money in High School from which we excerpted "3 Money Myths You Need to Forget Now" (p.108), says. "Believing in these myths can limit you. Instead of seeing opportunities, you will see traps, which hinder you from expanding your financial bubble (your comfort zone in terms of money). Worse, you will deem money in a bad light, when in fact, it's really the lack of money (or financial) awareness that is bad." She wants Pinays to "Do one financial thing that scares you once in awhile (I call this the 'money breakthrough') and take control of your own finances."



"We live in a society where the norm is the man of the house is in charge of the finances. Time to defy the norm! Pinays should be financially empowered and able to make sound money decisions for herself and by herself."



JUSTINE DEL ROSARIO

who did the makeup for "New Age Beauty"(p.124), says she definitely had fun working on each look. She encourages Pinays to veer away from the usual and try the looks in the story: "Each look is modern, edgy, and a lot of fun to do! It's good to be creative and to rock out-of-thebox looks once in a while!"

"Every man is different and unique, and we should really take our time getting to know men."



MARK CHESTER ANG

enjoyed shooting our Fun, Fearless Fellas in "Men on a Mission," (p.102), about whom he says, "I am proud of my fellow men who are taking baby steps in trying to make a difference in the world by starting here in our own country. I hope they will inspire many to do the same."

"Don't overanalyze what men say. Usually, what we say is what we really mean. And, from time to time, men want to be the helpless ones, taken care of by women who want to be in control. We think that's sexy!"

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All eyes are on the all-new Yaris. The chic city car carries a stunning new look both inside and out. And with a fuel-efficient VVTi engine, projector headlamps, and folding 60/40 rear seats, it is a statement of both style and substance.



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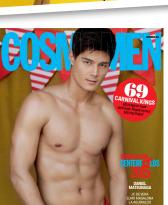






COSMO CARNE-VAL





It's a DanRichDeal: You asked for it, you got it! Sweethearts IRL Daniel Matsunaga and Erich Gonzales do back-to-back Cosmo covers this month!



"The shameless reverse objectification of men" is how I often like to describe our annual Cosmo Men compendium of male eye candy, each year lovingly whipped up for you by us: A delectable selection of 69 fresh bachelors and 10 hot celebrity centerfolds, and brought to life in a much-anticipated testosterone-teeming event called the Bachelor Bash (Cosmo Carnival this year) that brings throngs of screaming Cosmo Girls a new batch of boys for them to ogle in the flesh.

"Gan'un na lang ba ang tingin n'yo sa amin? Parang kinikilong karne?" hunky-in-his-own-way writer/TV host/ musician Lourd de Veyra once protested to me in mock shock over the jocks and hunks we so want only display every September for your, er, consumption.

I admit I sometimes get a tad guilty for addressing our, uhm, mouthwatering men with various references to food: Sorry, boys, for coining the term "boyfriend buffet" two years ago, or for saying, "Extra rice, please!" without regard for your feelings. Or lately, for collectively calling you a "bakery," as a girlfriend of mine who manages a team of athletes so fondly calls her boy brood because of all the pan de sal (six-pack abs) in her care. It's not a new thing—from the term "beefcake," first used in 1949 (its female counterpart "cheesecake" was already popular in the 1660s!), down to "stud muffin" in the 1990s.

So far Lourd is the only male who has openly objected, but yes, I do realize the implications of discrimination and sexism which when applied to women would be very, very wrong indeed. Double standard? I'll go with what Elite Daily's Alexia LaFata wrote in "Why It's Completely Okay To Objectify Men...No Really, It Is" in response to the Magic Mike XXL hoopla: "A man's appearance doesn't define him nearly as much as a woman's appearance defines her, so commenting on his appearance has an entirely different meaning than commenting on hers...When you objectify a woman, you perpetuate the idea that her worth lies exclusively in her appearance. When I objectify a man, it's just... fun. And that's why it's okay to do it."

Of course we know there are more dimensions to men than meets the eye (candy), which is what Cosmo has built its expertise on as your Man Manual, with monthly manthropological dissections of the inner workings of their minds and hearts. But this month, it's their bodies and faces we shall celebrate, worship, and feast on. Extra rice, anyone?

> Myrza Sison, Editorial Director IG, Twitter@myrzasison

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SEPTEMBER SCENES







1 We shot our sexy workation fantasy fashion ed "Day Dream" (p.116) featuring Cosmo's 8 Sexiest Model Monika Sta. Maria at the gorgeous Lind Hotel in Boracay. 2 Face, the Future: Cosmo's 8 Sexiest Model Olivia Medina stars in "New Age Beauty," p.124. 3 Cosmo art director Hazel Malagonio and editorial assistant Trisha Bautista fill a triple-decker manwich! More men in *Cosmo Men* (free with this issue) and real manwiches, p.152.

EDITOR'S PHOTO) DIX PEREZ. (MAKEUP) NELSON AGUILAR, (HAIR). ANTON TOA, BOTH. HAIRWORKS. (BTS PHOTOS) ANGELICA GUTIERREZ, JACK ALINDAHAO, MERIAM AHARI, TRISHA BAUTISTA

Zara caged stiletto?













IT'SA COSMO WORLD

COSMOtivation

Inspiration with a Cosmo edge.





COVERING UP ≠ PRUDE BARING SKIN ≠ SKANK

FB & Twitter **Chit Chat**

@MIDLF The cover blurb "Haters Gonna Hate: How to Shake 'Em Off from @cosmopolitan_philippines' July issue intrigues me. I need to read that article SOON!

Liza Tatel Orcullo Simple yet stunning, decent yet sexy.

Antonio Villamor I love it! Grabbing a copy.

Manilyn Polbos Wow, cute and sexy Toni.

@jamilsultan 31 She's stunning on this cover, so what are you waiting for? Go and grab a copy now.

@WendyTabusalla | love Ms. @PBBToniG's @cosmoph cover!!! Sexy and beautiful!

Maybel Meneses Ganda at sexy! Idol po kita.

@cdagustin The New Mrs. S!!! @celestinegonzaga





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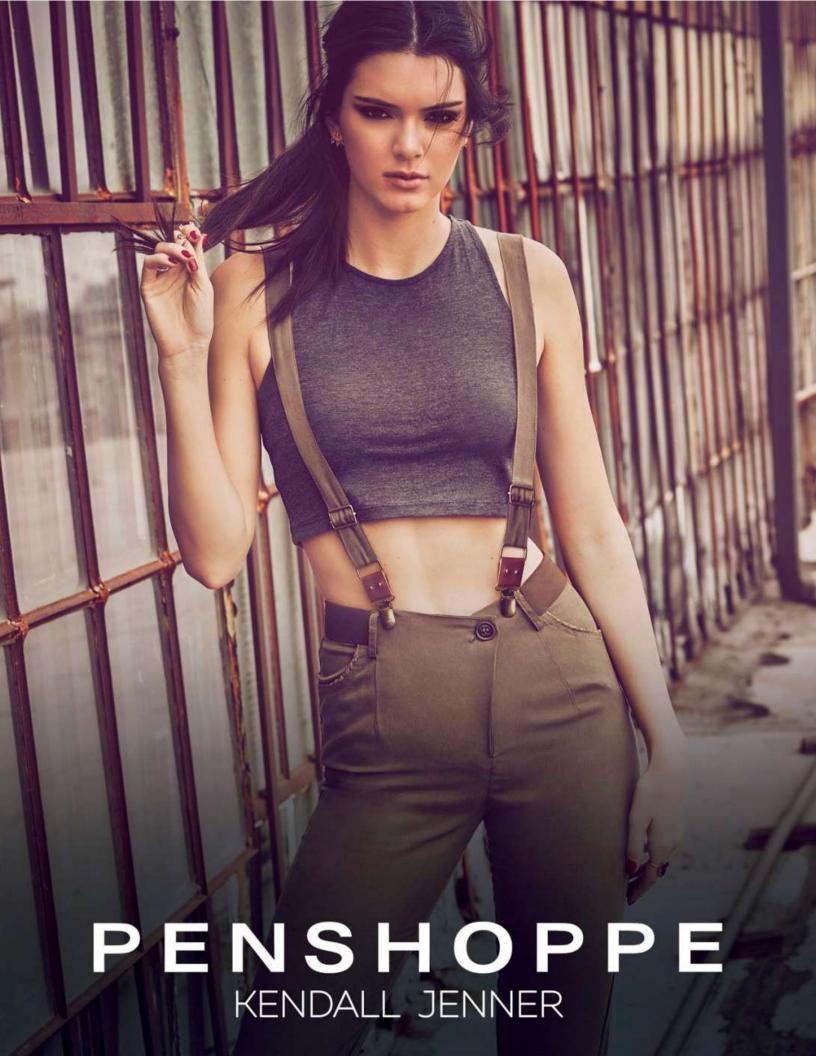


TONI'S BTS PHOTO CAUSED

"This photo is done in good taste. It's a celebration of femininity. Context is king! Some ultraconservatives are just plain judgmental." —@chin_grey

"She did the same thing in the August 2014 issue of Cosmo. What's the fuss now? Is it because she's married? Come on! Wearing turtlenecks doesn't make one a good Christian, and neither does wearing revealing clothes make one a bad Christian."—@itsclaymore "Nothing is wrong with this photo! Besides, the magazine that shot this photo is for open minded, individual Filipinas. As a woman myself, of course I'd like to try fashionable outfits that flatter my body and suit my age. You should see photos of local fashion bloggers. They show even more skin but they don't get bashed and their faith isn't questioned based on what they're wearing."

-@itsmestrawberries





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AZUMI BOUTIQUE HOTEL Alabang, Metro Manila



BRENTWOOD SUITES Quezon City, Metro Manila







(TEXT) TRISHA BAUTISTA. (PHOTOS) LOUIE AGUINALDO.

◆ SEPTEMBER ◆

Set of plates, Crate

and Barrel, P1,079.



Square Ready Sometimes, you just have to satisfy that pizza craving, no matter what diet you're on. Get your fave pie delivered and have it sliced into squares—or use a pizza cutter like this one to make narrower sizes. Eating smaller servings will help you avoid the inevitable food coma that comes with a pigout sesh (and the morningafter quilt).

BEER, PLEASE!

Having the barkada over for beer? We all know a reunion over alcohol means having the munchies all night, so stock up on your fave chips, nut mixes, and cornicks, and serve your *pulutan* in cute flatware that will remind you to grab the next round once you've cleaned off the plate.





month, and in the meantime, keep neat and clean by always, we repeat always, killing your cigs neatly in an ashtray. A cute one like this might help train you to put them out properly.

Cocktail kinda gal? Take your love for fancy drinks to the next level and whip up your own spirits. Get a set like this one and learn how to be a mixologist—start with classic two-ingredient drinks and you'll soon find yourself tossing up cocktails to rival those at your fave bar.



Band Aid Cover up those GNO battle scars (wearing your literally dangerously sexy heels in a dark club may not always be a good idea) with cute band-aids like these. They make for cute accessories and conversationstarters, too!

Band aids, Typo, 7300

Basket, Crate and Barrel, P369; Saddle Bar tool set, Pottery Barn, P3,450; Cocktail shaker, P1,750, Stainless steel ice cubes, P1,650, Acrylic scotch glasses, P245 each, all from West Elm.



Having a pen handy in this digital age is a rarity. Keep a cute one in your bag at all times for jotting down notes and signing forms, or if you're feeling fun and flirty, think like a guy and send a note to that Cosmo Bachelor you just spotted across the room.



BANK ON IT

We all know we're supposed to save money for a rainy day, but most of us don't count loose change (especially when it gets lost in our bottomless-pit work bags). Keep a coin bank like this one on your desk at work and deposit your change right away. Once it's filled up. unload everything and it could finance next week's Starbucks fix!



Bowls, West Flm. P595 each

September's the month of thunderstorms, possible blackouts, and cuddle weather. Stock up on instant ramen and cute bowls for hot soup in bed or on your comfiest couch. Serve it breakfast-in-bed style and you'll feel like you're away on a fancy staycation.

WHAT'S HOT

Knowing your spirits. Dark drinks aren't just for men! Many new hotspots now offer wide selections of whiskey, bourbon and rye. This book teaches you what to order when you check out that new watering hole after work.



Book, Crate and Barrel. ₱1.599

HAT'S NOT

Relying on technology for everything—kids these days don't know the joys of good old board games. Next time you have to babysit your inaanak, get these sets of mini box games and show them the joys of being a kid sans swiping screens.

Game sets, Typo, 7399



Can your hair take the challenge?







This month, Pantene introduces its most potent Pro-Vitamin B5 formula into its line of hair care products. What this means for you, Cosmo girl, is hair that is strong to the core, hair that can take it all—the heat during your outdoor adventures, the stress of your tough job, and the demands of your fabulous social life—so you can achieve all your life goals and still look sexy and awesome. Get the benefits of this best-ever Pantene formula in every Pantene shampoo, conditioner, and treatment bottles or sachets and enjoy a #DoltAllHair every single day. You need this in your life, stat.

PANTENE UNLEASHES ITS MOST

POTENT PRO-V FORMULA FOR

YOUR #DOITALLHAIR

THE THREE COSMO DARES

▼ THE PINATUBO CHALLENGE

We dared one Cosmo chica to go out of her comfort zone; and by this, we mean: unplug and make her way to the top of the most popular active volcano in the Philippines. Can her fabulous hair survive the heat and humidity during her hike up the crater? Watch the results of this dare this October, on Cosmo.ph/Cosmo-Dare.

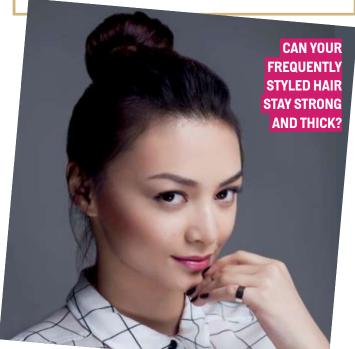
▼ THE GO-SEE CHALLENGE

They say: choose a job you love, and you'll never have to work a day in your life. So, we dared one Cosmo girl to put her go-see game-face on, ace the Q&A portion, and nail her dream modeling stint. Can her hair take the stress of not one, but three go-see appointments? Will her hair speak volumes—enough to get her hired at first sight? Watch this episode this November, on Cosmo.ph/Cosmo-Dare.

▼ THE STYLIST-FOR-A-DAY CHALLENGE

Styling for magazines is tougher than it looks. A stylist needs to look fabulous, even as she rushes from one not-so-fabulous errand to the next, pulling out clothes, shuttling boxes of shoes and accessories, running from one shoot to the next, and dressing up models, celebrities, and editors while looking fresh and fashionable. We dared one Cosmo stylist wannabe to do just that. Will her hair look the part after one long and stressful workday? Watch this episode this December, on Cosmo.ph/Cosmo-Dare.

WATCH ALL THREE DARES AT COSMO.PH/COSMODARE





Erich Gonzales is in love, the eager, butterflies-inyour-tummy, head-overheels, breathless sort that makes her shy and spirited at the same time. The 25-year-old star

The 25-year-old star refers to it only once, when she starts talking about learning Portuguese. "It's so hard! Ang hirap! Nosebleed!" Between proper pronunciation and teaching us the word for "apple"—or should we say, maçã—it spills out. "Grabe talaga...the things you do for love."

Not that anybody is surprised. Erich may have been in the industry since she was 14 years old, but it's only lately that the media is eating up her personal life like it's red velvet cake. Forget her string of successful projects like Katorse. Maria La Del Barrio. and Juan dela Cruz. What matters right now is that Erich is part of a whole, and that whole is **#DanRich, the cyber base** of her real- and reel-life relationship with Brazilian-Japanese model-turnedactor Daniel Matsunaga.

Suddenly, Erich, who's managed to create a solid career even without a stalwart love team in the vein of KathNiel and JaDine, finds herself nearly inseparable from one. Currently, #DanRich has over 8,000 tags on Instagram, uploaded or shared mostly by followers who have them as their #couplepeg and #relationshipgoals.

Dozens of fan accounts, like danrichofficial, danrich_australia, and danrichglobal, have also been created just to celebrate their romance.

It's not an entirely fair assessment. Erich, with her many other achievements, should at least be lauded for being one of the few Star Circle Quest alumni to manage to stay relevant (she was selected as Grand Questor in Season 2)— a triumph completely her own, pre-love-life—and, despite some slips and blips every now and then, for keeping her nose clean.

"I'm still the same girl who won Star Circle Quest. Simpleng probinsyana lang ako. But I'm a stronger person," the Cebu native says. The bumps on the road, no matter how few and far between. reinforced her mindset in an industry designed to bring its players down. Ironically, she's also learned to temper her emotions. From choosing on a whim to considering the consequences of her actions, she adds, "Never decide anything when you're angry. Kailangan at peace. Kailangan mahinahon."

Erich has changed a lot since her last *Cosmo* outing back in 2010, but right now she is giggling uncontrollably, like a high school kid who received a love letter from her crush. She's been bitten by the love bug, all right. Hard.

"PAANO NGA BA

NAGING KAMI?

SIYEMPRE HE ASKED ME.

FILIPINA TAYO DITO."

Ask how her friendship with Daniel developed into something more, she erupts into mirth and in mid-sentence starts noting the sudden downpour outside. "Oh wow, blessings." Her reputation as cheerful has nothing on the jokester sitting across from us now. "Grabe'yong ugat ko lumalabas na. Kanina cold ako, ngayon masaydong mainit. You know you're in love when you feel hot," she laughs.

Amid the giddy chuckles, LOLs, and attempts to escape, however, the story emerges. The pair met during a Palawan episode of Kris TV, and the friendship blossomed when Daniel was added to the cast of Erich's primetime soap, Two Wives. "He played my knight in shining armor there." The whole artimitating-life metaphor isn't lost on her. "Shooting every day was how we got to know each other better."

To make the attraction less conspicuous, Daniel would bring food or gifts for the entire crew. "Sabi niya ligaw na raw 'yon. Sabi ko kailangan may effort and his reply was that hirap na hirap na siya. Haha. Echosero 'yon."

The results of those efforts included visiting her in Baguio at the set of Forevermore. "Ay grabe 'yon. Binigyan ko siya ng jacket doon."

Erich reveals she and Daniel had a serious conversation about where their relationship was going, but that solemnity is apparently kept between them. "Paano nga ba naging kami? Sa Facebook! Sa Friendster! Okay, pack up na? Ang init dito!" She jokes. "Siyempre he asked me. Filipina tayo dito."

"Tanungin niyo na lang siya, please," the Noy star pleads again, her voice full of humor as she takes another stab at skirting the topic. "Baka hindi naman pala ligaw 'yon. Wala lang pala, linagyan ko ng meaning. Assuming lang talaga ako." Jest may be her fallback reaction, but the emotions are real.

The Pinoy Big Brother: All In winner, who broke news of the relationship to the public and has been more open with his feelings, has already declared that he sees life with his girlfriend "a hundred years down the road." Erich smiles when she's reminded of this statement. At this point, the makeup artist touches up her face for a third time—the heat in the room apparently



becoming more intense—adding "Kinikilig siya, halatang-halata." "Echosero 'yon [si Dan]," Erich repeats.

YEAR OF FIRSTS

You'd think that at this stage in her career. Erich would be used to all the attention, but everyone's interest in her love life is all very new to her. Daniel has been courteous to curious questions, but you can tell she's still adjusting. "First time kong magsalita about him kasi laging siya," she admits.

Erich describes Daniel as her soul mate and the male version of herself. They share the same brand of humor, thrive in stress-free environments, and love taking things lightly and laughing. She says, "It's a tie sa lahat ng bagay." Except maybe in badminton where she crushes him in tournaments. In one six-set bout, she narrates how she beat her sexy beau: 21-10, 21-4, 21-7, 21-12, 21-10, and 21-11. The next day, he scored only three points in one round.

It may not be his game, but Daniel does it to integrate himself in Erich's world. "Hindi ko siya kayang sabayan sagym. I tried once, but I died."

For her part, it's to become more forthcoming. "Opening myself up

WWW.COSMO.PH

to the public. Very, very public," she proffers. Erich's life, or rather, her Instagram account, has warped into an open book, a public journal of her current relationship status. But there's something about Daniel that makes exposing herself easy, as if she's bursting with emotion that has to be let out and that despite becoming vulnerable, makes her feel secure. "We're just being ourselves, a normal couple who happens to be in show business," she says of their displays of affection. "It's like how other couples do it, go on movie dates, maglakad sa mall holding hands, akabayan. Yi!"

Daniel's outgoing, spur-of-the-moment personality has also managed to pull out a side of her that the actress never knew about: a sense of adventure. "He has definitely brought me outside of my comfort zone. He wants to introduce me to things I've never tried before." So far, the couple has gone wakeboarding ("He just announced it all of a sudden, wala akong dalang damit!"), visited Hong Kong, traveled to Paris and Amsterdam, and even frolicked in a farm. "In Batangas, kumuha kami ng buko, nagpakain ng chickens."

She shares the last bit in the same manner others would talk about rappelling—eyes sparking and voice full of exhilaration. Erich gets her adrenaline kick from a different source: love. And it's one that, right now, has her sweating and her make-up artist taking extra time to alter the lovewarmed blush on her cheeks.

She covers her face with her hands, laughing. "Can we just do the interview like this? Natutunaw na ang makeup ko!" She'd rather be silly in front of the cameras (back in 2012, she showed off some rather eccentric krumping on Gandang Gabi Vice), than be candid behind them. Erich has warmed up enough from the exertion of talking about her formerly private life, but she's still not as warmed up to opening up as she says she is. Sitting in the chair with contagious happiness, Erich is a lovable picture. It's this easygoing, improvised sweetness that has people smitten, and even the dreaded Mother of the Boyfriend isn't exempt from her charms. "She told me she loves me like I'm her own daughter!" she reveals. "Ako na! Feel na feel!" In May, Geralda



The Cosmo Quiz

Enika Chryselle Gonzaks Gancayco

Nickname: Erch

On my playlist: Touch the sky by Hillsong United

HowIstartmyday: I start my day with a prayer

Shh... My secret talent is:

I know how to ut hair. Any hourstyle

This nice girl is a bad-ass at badminton!

My usual Friday-night plans:

a Dinner and a movie

b. Go out of town

d. Wing it! Bahala na!





When I'm alone, I ... I tad a unce book

Drama or comedy?

Drama. I'm move comfortable doing it although I like comedy too.

On my travel wishlist:

Alas ka

Favorite lamon food:

Pizza and Pasta

Everyly is a leaving experience. Live for the day and always seek guidance from God.

Some things people don't know about me

OC ato. I like everything dean and in order. I ent a lot kalmit payat ako. I'm a homebody.

My favorite thing about Daniel's face/body:

His eyes and his very cute smile "

My message to my Cosmo readers:

Be the best version of forvself and live life with passion and purpose.

unchg.



favorite read



COLORFUL COMFORT

SKECHERS TAKES SPORTS CHIC TO THE STREETS

If you've been paying attention, you'd know athletic styling is as big as it has ever been. At the center stage of a girl's active lifestyle is a pair of shoes that looks chic in the gym and in the streets.

Strut the town in fashion and function in your go-to get-up paired with this season's freshest sneaks from Skechers Sport! Step up your day-to-night look with some Colorful Comfort, and look street-savvy all day, everyday, with Skechers Sport with Memory Foam!



-Infinity, P3995

WEEKEND DARLING

Looking forward to Friday? Celebrate your much-awaited escapade looking fabulous in



Active Glider Hummingbird, P3590

DATE NIGHT DIVA

Dress to impress in your night affair with a fresh look, Set aside your Little Black Dress for a stylish all-black see-through blouse, cardigan, and pants. Don that neon pouch and dark-colored shoes to finish this risqué-yet classy look to sweep any date off his feet!



NEON MUSE

Make heads turn with your electric shoe fashion! Dress up and stand out with this morning-to-evening look. et your all-black ensemble come alive with a dash of neon on your feet, and dazzle all on-lookers!



kech Flex Royal Forward, P3695

BRUNCH BABE

Early morning rush? Don't fret on your get-up. Look effortless and brighten your mornings by donning your pick of a light-colored dress paired with a wicked set of shoes to kick-off your day



the street style ensemble of a classic white sleeveless blouse, coupled with a triple threat of matching purple tube skirt, cardigan, and kicks!



AMOLYMPIAN Feel like walking on sunshine? Step out in the sunlight with the classic combo of white shirt, shorts, and brimmed hat together with a pair of vibrantly-colored

kicks to bring that sunny-day look to perfection!

Equalizer Expect Miracles, P3695

Glorietta 2 / TriNoma / SM Mall of Asia / Robinsons Galleria / SM North Edsa, The Annex / Gateway Mall / Robinsons Place Manila / Lucky Chinatown Market! Market! / Festival Mall / SM Fairview / Ayala Fairview Terraces / Paseo de Sta. Rosa / SM Dasmarinas / Marquee Mall / SM Pampanga / SM Clark / SM Cebu Ayala Center Cebu, Active Zone / Abreeza Mall, Davao / Gaisano Mall of Davao / SM City Davao / Centrio Mall, Cagayan de Oro / Limketkai Mall



Matsunaga, Daniel's mother, even posted o Instagram a photo of the two of them together with the caption "I miss you my daughter."

BAKING QUEEN

There's a reason, despite being in the biz for over a decade, that Erich has managed to avoid the press. Between shoots and appearances, she just ducks back home, away from prying eyes.

"I'm really just a homebody," she says. Her idea of a good day is reading a fun bestseller in pajamas. At home, Erich puts on her rusticated hat. "I like gardening!" she exclaims. "Cutting grass is actually a difficult form of exercise." Apart from the usual roses and shrubbery, she has an entire personal market of papaya, peppers, lettuce, and calamansi. It's a setup that works well for her privacy: No need to get dressed and go to the grocery store.

Her role as a cake artist in the 2012 Filipino-Thai crossover Suddenly It's Magic with Mario Maurer wasn't a mere act. Erich is an established baker who makes cakes and cupcakes upon friends' requests. Daniel's been on the receiving end of this sweetness, having tried her chocolate cake and chewy oatmeal cookies. "Dapat lang magustuhan niya no! Kung hindi, hindi na ako uulit talaga."

Barefoot and cross-legged on the makeup chair, her Valentino Rockstud flats strewn on the floor, she talks about pulling weeds from her garden. The actress impressively retains her small town-rooted charm, but this modesty is carefully trained. "I make sure fame doesn't go to my head," she says, "To remind me that I'm still a normal person, I experience every emotion other people feel." It's just happenstance that hers are usually on-air.

LIVING THE MOMENT

It's no secret that prior to the whole #DanRich phenomenon, Erich was quietly in a four-year-long relationship. This is a person who's never truly been comfortable talking about herself, and she shifts the focus back on Daniel, who shakes up whatever stability she'd had then with a different kind of foundation.

She describes him as perfect and selfless. "It's so important to me to see how a guy treats the people around him. Daniel goes out of his way to put people ahead of himself." She reveals coyly, "Every day with him is

"IT'S IMPORTANT TO ME TO SEE HOW A **GUYTREATS PEOPLE."**

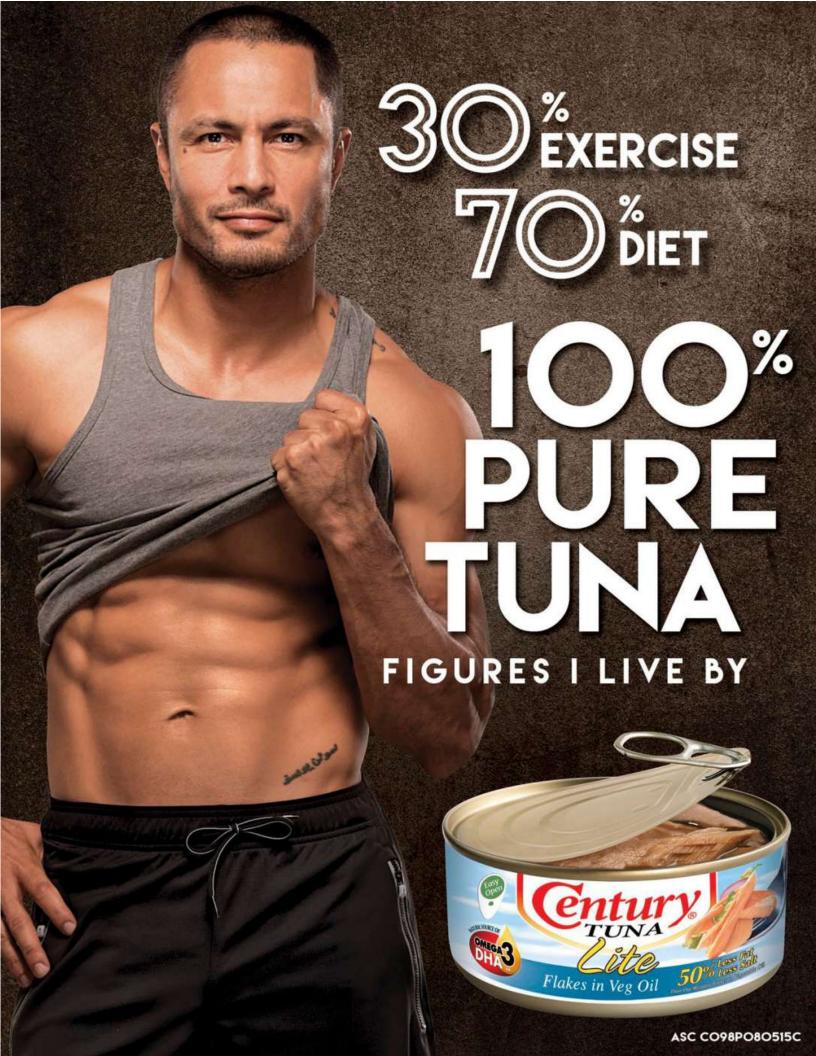
> always new, I always look forward to tomorrow because I know he's going to be there." The lovers are working together in *Be My Lady*, a rom-com soap about an inter-cultural couple that could've easily been derived from their love story, it might as well be their own reality show.

Working and seeing each other all the time is no challenge. In fact, Erich embraces it. It was during the grueling work schedule of Two Wives where they learned they shared similar interests. "We see it as just more time to spend with each other," she explains. "A lot of couples might be scared to work too closely together because they're afraid it could lead to tension, but that's not a problem for us."

Erich is confident that they trust and respect one another enough to get past any obstacle. "Just be honest with each other if there's an issue. Mag-usap talaga kasi baka magpatong-patong. One day, mag-e-explode." She lists down the usual relationship advice: timing, patience, understanding. It sounds clichéd, but these are her triedand-tested methods.

#DanRich may be fresh, but their enthusiasm is no honeymoon. Erich is a veteran. And she's going to make this work. ■

> See Erich's fun side with exclusive BTS videos! Click into WWW.COSMO.Pl







"Tired of neutral

Eye Colors Quattro No. 42, The Makeup

Factory, P840.

makeup? Mix things

up with some vibrant blue eye shadow." -MERIAM AHARI. BEAUTY EDITOR

DEFT PALETTE

TOMBOY CHIC

"My favorite hat! This goes with anything, from comfy casual pieces to zany prints." -GRACE DE LUNA, ASSISTANT ART DIRECTOR

> Hat, Penshoppe, ₽499

OXFORD CASUAL

TURQUOISE TROVE

"It's easy to lose small objects like earrings and spare buttons, so I keep track of trinkets by storing them in pretty boxes." -GABY IGNACIO, ASSOCIATE FEATURES EDITOR

> Boxes, Pottery Barn, ₱1,450 each

"I love how the suede

broque details give this rugged shoe a menswear edge." -HAPPY LOPEZ, **FASHION EDITOR**



COSMO

CRAB SCHTICK

Zamir Shoes

Lacoste

"Imagine serving a steaming-hot bowl of sinigang na hipon on this cute hot plate!" -TRISHA BAUTISTA, **EDITORIAL ASSISTANT**

> Trivet. Crate and Barrel P699.

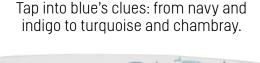


FOOD FOR THOUGHT

"Cookbooks are my favorite bedtime read, and I'm loving this tale of two brothers who pursued their passion for chocolate." - MICH LAGDAMEO, MANAGING EDITOR

Mast Brothers Chocolate: A Family Cookbook,

Crate and Barrel, ₱2,975



Platter, Crate and

Barrel. ₱499.

FISH DISH

"This adorable pattern brings back memories of snorkeling with friends."

-HAZEL MALAGONIO. ART DIRECTOR



CAM WHOA

"Not willing to shell out for a GoPro? This shockproof and waterproof camera is perfect for hikes and beach trips." -SANDRA PINEDA, COSMO.PH

ASSISTANT MANAGING EDITOR

Digital Camera XP80, Fujifilm, ₱9,990.

> Walrus Pillow, West Elm, ₱1,250. Colorblock Pillow, West Elm, ₱1,650. Pom Pillow, Pottery Barn, P2,450.

I AM THE WALRUS

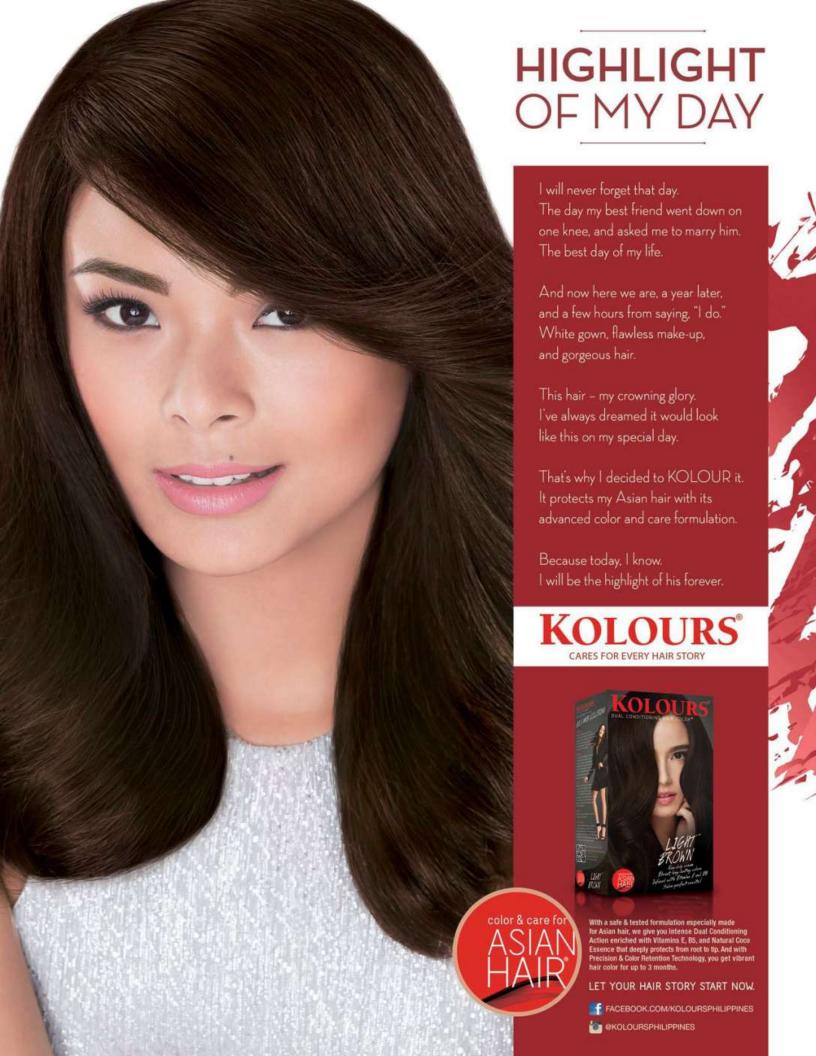
"Comfy pillows in ocean hues and cute sea creatures let me imagine I'm at a summer getaway in the middle of the rainy season." -MYRZASISON, EDITORIAL DIRECTOR



DOCTOR WHO

"Who says sci-fi is just for boys? This campy British series has girls all over the world wishing that a Timelord would come and whisk them away to adventures across time and space." -ANGELICA GUTIERREZ, **EDITORIAL ASSISTANT**

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Really, ridiculously good-looking:
WHATIT'S LIKE **DATING A HOTTIE**

Cosmo beauty editor Meriam Ahari discovers that dating the man of your dreams does not come without its consequences.

I always said I'd never date someone hotter than me. Too stressful! Think about it. The need to stay in shape and always look as hot as he—or the next girl who could pique his interest-does. And honestly, aren't pretty boys too high maintenance?

But then, I met Shane. Wondering what it's like to date a modelesque nonmodel? First, let me paint you a picture. He's got the rugged look down pat with slightly scruffy facial hair and chinlength locks. A chiseled jawline, lopsided boyish grin, crystal-clear blue-grey eyes. And the body? Let's just say the staff at our condo nicknamed him Thor. He's also British.

meaning everything that comes out of his mouth sounds pleasant and charming, even if it's, "you've stepped in dog shit, love."

Three wonderful

years with Shane have taught me that all good things come with a price: Strangers stare

at him everywhere we go. At clubs, he gets hit on by both girls and guys. Having to ward off competition from both sexes is no easy task. It's as though his appearance gives others the impression that relationship rules need not apply. Once, an enthusiastic woman asked to take a picture with Shane. Nothing wrong with an innocent pic, but I was a little shocked when she proceeded to wrap her arms around his waist and intimately leaned her head into the nook of his neck while posing. Maybe she thought I was his adopted sister?

Sometimes. I'm worried his looks will get him into trouble. In February, Shane suffered

> a dual-seizure requiring a scary dash to the ER. Expecting help to come immediately, I was surprised when the staff simply stared at him in awe. I actually had to say, "Please, we

need help na!" before anyone budged. Within minutes, Shane laughingly told me that the nurse who inserted his IV asked if he was a model and if we were together. Girlfriend wasted no time!

But then guwapo is only skin-deep, right? Turns out I've been guilty of making judgmental assumptions all these years. A few minutes of conversation with Shane and it's clear that he's as wonderful to look at on the outside as he is on the inside. I've never sensed an ounce of vanity or conceit in him. When I mentioned I was asked to write this article, he was slightly mortified. He's been asked to be one of the 69 Cosmo Bachelors but the thought of walking that runway sounded torturous to him.

What I love most about Shane is how he treats those around him. He makes a point to acknowledge every security guard he sees because "it must be lonely to watch a million people walk by without anyone talking to them." What's even more attractive is how

I've watched this down-toearth dude comfortably strike up a conversation with the CEO of a Fortune 500 company or the President of Nigeria (as he's had to do many times for work), the same way he would with a local skinning a chicken in the province.

He's got abs of blue-steel!

Before I continue sounding even more obnoxious about my amazing boyfriend, I think we can both be reminded that not all beautiful people are narcissists, that true beauty lies in how we treat others when no one else is watching. You may have #hotboyfriendproblems if your guy would rather go on about himself than stop to wonder how anyone else is doing, or treat others poorly if they cannot benefit him in some way, or let attention get to his head, but we can learn a thing or two from regulation hotties who don't allow their looks to compensate for lack of a personality.







Mahaba-habang hiritan, mahaba-habang inuman...



YES
Matt Lagandaon, 27
Entrepreneur

I believe so. Knowing you like each other makes getting to know the other person a much easier process. I was already at that stage where I wanted to find the person I could build a life with when a friend introduced me to the app. I was skeptical at first because I was new to the online dating scene, but I still gave Tinder a shot. I didn't base my choices on looks alone as I was mostly attracted to women who seemed well-rounded. I instantly clicked with one of the girls I was matched with. Throughout our "chatting and getting-toknow-you" stage, we never settled on a single topic in our conversations because we had so much to talk about. We're both careerdriven foodies with the same values. More so, we immediately connected during our first date. We dated for three months, until she became my girlfriend. We'll be celebrating our first year anniversary soon and I owe it all to Tinder. It still amazes me that a simple swipe to the right changed my life.

DEBATE

Can You Find Love on Tinder?

Could your next 'swipe right' be Ms. (or Mr.) Right?



COSMO GUYS WEIGH IN

THROUGH AN EXCLUSIVE FHM.COM.PH POLL, WE FOUND OUT THAT...

BELIEVE IN 'APP'-ILY EVERAFTER. (YEAH, WE JUST HAD TO)

SAY TRUE LOVE DOESN'T NEED A WIFI CONNECTION



NO Hugh Morris, 27 Communications Trainer

A lot of people have met someone they've eventually fallen in love with through Tinder, but they've never fallen in love because of it. You can meet a lot of interesting people on Tinder. I've had great conversations with a lot of awesome ladies, but there are so many things a person can do to curate the impression they make on the app. A carefully crafted bio and photos could reflect a completely different, more interesting personality than the reality, and the level of anonymity Tinder provides makes it easier to manipulate people who are genuinely out there looking for love. "To love at all is to be vulnerable," according to C.S. Lewis. We become invested in the people we date because we've had to overcome the risk of rejection, which makes us value the relationships we form. Tinder takes that away by letting both parties know the other is already interested. It's a synthetic environment that's little more than a people buffet. Nothing beats being introduced by someone you care about or meeting because of a shared passion, interest or hobby.



- · 2 teaspoons Cardamom Powder
- · 2 tablespoons Mild Curry Powder
- · 5 Garlic Cloves, peeled and chopped finely
- · 2 teaspoons Dried Lime Leaves, finely chopped
- · 2 tablespoons Olive Oil
- · Salt and Pepper, to taste

1. Stir cardamom, currin, curry powder, garlic, dried lime leaves and olive oil in a big mixing bowl. Slather the marinade all over the chicken legs and marinate for 1 hour to 3 hours. Chill in the fridge

· 250 grams Red Onions, peeled and cut into medium dice

· 50 grams Green Bell Peppers, cut into medium dice

2. Preheat the oven to 200 degree Celsius.

Nutrition Facts

· Calories 905

· Protein 98g · Carbs 94g

• Fat 63g

2. Place the noodles in a heatproof bowl, and cover with boiling water. Stand for 5-7 minutes or until tender. Drain and set aside.

· Water, for boiling the noodles

•1 tablespoon Garlic, finely chopped

· 4 tablespoons Olive Oil

- 3. Remove the chicken from the fridge. Use kitchen paper to wipe off the marinade. Season chicken with salt and place in a baking dish. Cover with foil and bake in the preheated oven for 20-25 minutes or until golden brown and tender.
 - 4. Meanwhile, heat the oil in the pan over medium heat. Put the red onions, green bell peppers and garlic. Add the curry powder, cumin, and cinnamon. Sauté for 3 minutes more until fragrant.
 - 5. Stir in the vermicelli noodles. Pour the water and add the tomatoes, mint leaves and coriander. Toss well to combine. Cook for 3-5 minutes more. Season noodles with salt. Set aside.
 - 6. Once the chicken has been cooked, divide the noodles into serving plates and place each chicken leg on top of noodles. Serve warm.









· ¼ cup Water, warm

· Salt and Pepper, to taste

vitamin-enriched
low in calories
heart-friendly
energy-boosting

· 250 grams Fresh Tomatoes, cut into medium dice

· 1 tablespoon Fresh Coriander, chopped finely

· 1 tablespoon Fresh Mint Leaves, chopped coarsely

ONG KOW

FunFearless

CONFESSIONS

Cosmo readers share their steamiest secrets and embarrassing experiences.

2

UNWANTED VISITORS

"My boyfriend and I were really horny one night at my house but my whole family was home. So we went for a walk around the village hoping to find an empty house and found one—with the front door open! We sneaked in and did the deed...and came back a number of times. I hope they didn't have CCTV!" — MEGAN, 24

KEEPING IT IN THE FAMILY

"I WAS HAVING AN **AFFAIR WITH A** MARRIED MAN AND NOBODY **KNEW ABOUT IT.** WHILE IT WAS ONGOING, I MET **ANOTHER GUY AND WE STARTED DATING. ON ONE** OCCASION, I ENDED **UP SEEING BOTH OF** THEM IN ONE **NIGHT, WITHOUT EITHER OF THEM** KNOWING. I **CONTINUED DATING THEM FOR** A WHILE, BUT **EVENTUALLY FELT GUILTY SINCE** THEY'RE ACTUALLY **BROTHERS!**"

— MS. PARIS, 26

MUSIC LOVERS

"My BF and I once did it standing up against the piano in our living room and as things got hot and heavy we'd hit the piano keys more, making quite a racket. We were enjoying it too much to care!"

— SARAH, 25



THREE'S NOT COMPANY

I once had a threesome with my best friend and a guy. It wasn't as awkward as I thought it would be because we had both hooked up with him in the past. — HANNAH, 25

5

HERE COMES THE BRIDESMAID

"It was my best friend's wedding and I was a bridesmaid. I was looking forward to meeting one of the groomsmen, who was really cute. His GF was his date at the wedding but she left before the reception. We ended up walking down the aisle together...and hooking up that night. Just keeping with wedding tradition!"

- ANNA. 2

ARE WE THERE YET?

"I had been dating this guy for a few months but I was still on the fence about him. I invited him to join my barkada on a beach trip, and the two of us were in a car by ourselves. What was supposed to be a three-hour drive became a seven-hour one-which wouldn't be so bad if we had music—but his speakers broke down an hour into the drive! Turns out we didn't really click. It was the longest ride of my life and we literally never spoke again after that weekend."-PAT. 24

(COMPILED BY) TRISHA BAUTISTA. (PHOTOS) (GIRLS) CHRIS CLINTON. (GUYS) ERICRAY DAVIDSON. THE MODELS PHOTOGRAPHED IN COSMOPOLIT ARE USED FOR ILLUSTRATIVE PROPOSES ONLY. COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUC DISCUSSED IN THE STRIPES THEY ILL ISTRATE



GUY CONFESSIONS

His shameless scams and juiciest secrets revealed.

Call of Nature

"I was going down on this girl and I thought she was about to climax, when she let out a fart. I ignored it and went on and then she let out another one! It was kind of gross but I can't say it stopped me—after all, it's natural, right?"

— JAMES, 28

LESSON LEARNED

"I was in college and had a new girlfriend. We were bored and horny one lunch break, so I drove us to a deserted residential street and she gave me a B.J. Right in the middle of it, three policemen looked right at me and started walking towards us—her 'tinted' car wasn't tinted at all! I bedded off any charges saving we were students, and after some convincing, they finally let us off with a lesson I've taken to heart since then: 'Sir. next time sa motel na lang kayo ah?"

— FRANK. 30

A RIDE TO REMEMBER

"I was in Cambodia for an internship program, and this girl and I were riding a tuktuk. We paid the driver to drive around and we did it right there—passing traffic and people in other tuktuks could see us but it didn't stop us. We got to my hostel and proceeded to do it again in the lobby's maintenance closet." -RALPH, 24

HE'S A KEEPER

"I HAD A SWISS COLLEAGUE VISITING MANILA, SO MY FRIENDS AND I TOOK HIM CLUBBING. WE WERE WALKING TO THE CAR TO LEAVE WHEN HE SUDDENLY PULLED OUT AN UNOPENED BOTTLE OF VODKA OUT OF HIS PANTS (I STILL HAVE NO IDEA HOW THAT WAS POSSIBLE). HE HAD SOMEHOW MANAGED TO STEAL IT FROM THE BAR WITHOUT ANYONE NOTICING!" - BRYAN, 26



(TEXT) ANGELICA GUTIERREZ. (CANLAS) CHARLES RODULFO, (GUTIERREZ) COURTESY OF PEP.PH/MART FRANCISCO, (KL PODI IGN JOEV SUI ITTEDETTORY, JAKTHAMMAN INDI IGN JOEV SUI ITTEDETTORY, MUNDANON MI IDTESY DE DESPETTIVE DAN





RYAN SANTOS, 25
"Girls with long, wavy, carefree locks definitely look more fun."

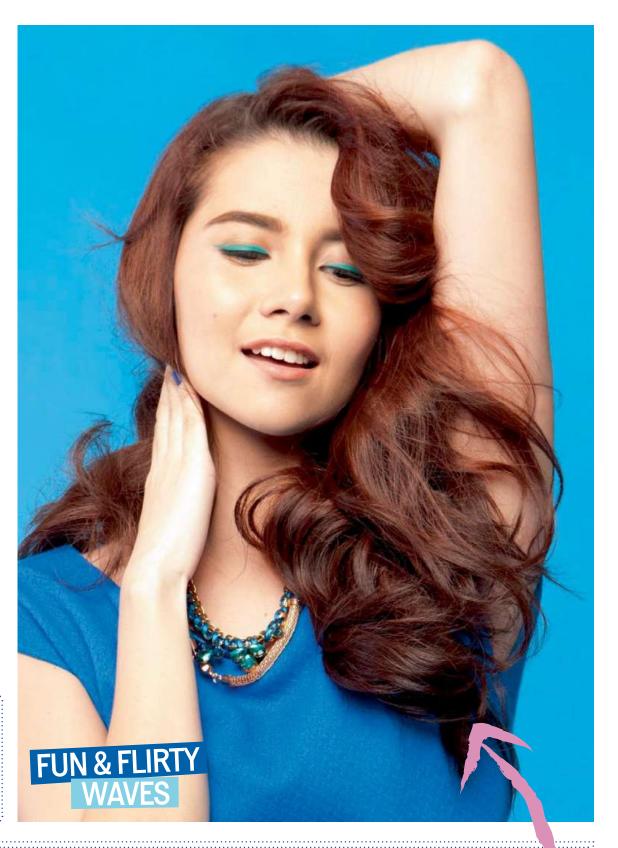


EJ DAVID, 28
"Long, smooth, shiny hair never fails. Curls are a major plus, 'cause they instantly give women a sexy, confident vibe.
#Digginlt"

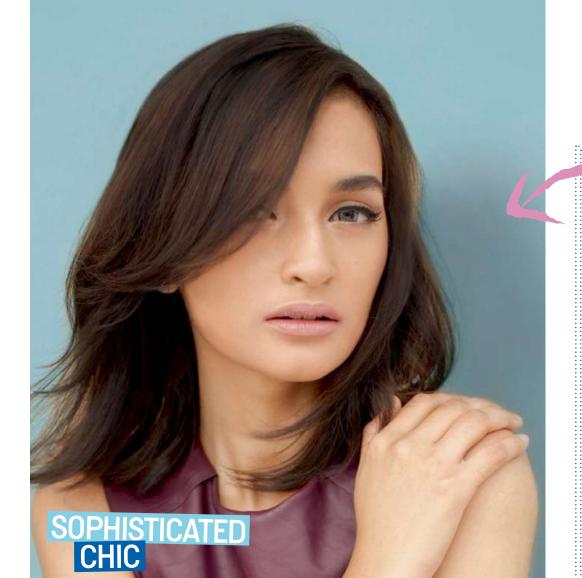


ANDREW BIONG, 30
"The way girls dance
in a bar with their
long, wavy hair? 100%
hot with 0% effort.
Dandruff-free hair is
also a must!"

Skip the conditioner if you're curling your hair so the curls hold longer. But use a shampoo to give your locks a smooth, silky, and dandruff-free finish!



Trademark Cosmo Hair Long, soft, and sexy curls have always been a Cosmo Girl trademark. Want to cop our famous Cosmo covergirl look? Start by blow drying your hair with a brush. Separate the strands into small sections. Wind each section around the barrel of a curling iron just mid-way through the whole length of your hair and hold for about 10 seconds. Repeat this step for all sections, then finger-comb lightly. Finish off with hairspray to hold the curls.





Sleek and Shiny Lob

Everybody's lovin' the lob-even the guys! But here's a secret to what guys love even more: dandruff-free shoulders. Yes, smooth and shiny hair is a major turnon, but what if the dude you're crushing on comes up and sees flakes on your shoulders (yikes!)? Prevent that scenario by using an antidandruff shampoo that not only gives you smooth and shiny locks but a healthy scalp, too!



WILL COSME, 29
"A guy's weakness?
Sexy hair with sexy shoulders. A girl who can pull this look seems like she has the confidence to pull off anything."



ROME GARCIA, 26 "I love it when I can easily see a girl's pretty face and her sexy neck."



PAUL DY, 31
"Mediumlength hair +
perfectly straight
locks = a true
cosmopolite.
Want to travel
the world with
me?"



Be a Total Headturner with Head & Shoulders!

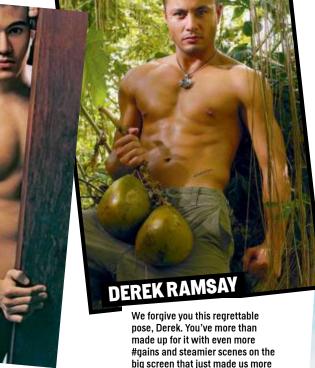
Amp up these dude-approved styles with confidence from dandruff-free hair! Achieve this with Head & Shoulders Shampoo and Conditioner. This Cosmo Fab Find gives you the confidence to pull off any flake-free hairstyle, plus it keeps your hair smooth, shiny, and frizz-free from roots to tips. So dazzle them with your so-healthy, so-sexy, andt so-Cosmo Hair, stat!





LUIS Manzano

Funnyman he is, but no one laughed when Luis made his Centerfold debut in 2003—jaws just dropped. Forget what's in the Deal or No Deal briefcase, we're dying to see what's behind that door!



envious of Anne Curtis.

PIOLO PASCUAL

Oh, Papa P. This pasabog may be 13 years old, but your macho-pero-maamo appeal remains unparalleled, even in 2015. No one can Piolo like Piolo doeseven nearly nude, it's still his gaze that steals the show.



GUY WATCH

LANGKUPAS

May it never be forgotten that these hotter-than-ever hunks were Cosmo Centerfolds, too.

DENNIS TRILLO

Dennis has long since personfiled the naughty-boy vibe, as seen in his first Centerfold outing ten years ago. It sure looks like Dennis has other plans for the kitchen other than cooking, but who's complaining?



ine everyone's '90s OTL au naturel at home. Here's Patrick (and what we dream is his #dadbod) for reference.

RICHARD GUTIERREZ

Men, take note: It takes gutz to deliver a literal sausage pizza to our doorstep half-naked, but if you look as good as a fresh-on-the-scene Richard way back in 2007, then this just might become our favorite roleplay fantasy.



CAPTIVATES THE SENSES. MOVES THE SOUL.



M2 by MARK BVMGARNER

Introducing the KODO-inspired M2 Collection by haute couture fashion designer Mark Bumgarner. Limited to 100 pieces only, every piece in the collection has been meticulously hand-cut and hand-made.

Presented by Mazda, and available exclusively through Zalora.

Visit zalora.com.ph/mazda to know more.

See the collection at the Zalora pop-up store, Level 5, EDSA Shangri-La Plaza Mall. #Mazda2xMBxZalora





Fun, Fearless Celebs

COSMO GUY

DANIEL MATSUNAGA

The Brapanese half of #DanRich shares his views on finding love and being proudly Pinoy.

HOW PINOY ARE YOU?

Pusong Pinoy. I'm proud to be in this country. I could have chosen other places but my family is so blessed to be here. I even love the haters! They make me prove myself[and] they push me to be better.

WHAT'S THE ONE THING THAT CAN MAKE **YOU ANGRY?**

Siguro disrespecting my family—mga bastos na tao [who] judge you without knowing who you really are. I'm very protective. It's not even about me, it's really about protecting my family.

HOW CAREER-DRIVEN AREYOU?

I give a hundred percent to improve myself as an actor. I'm very hardworking, I'm very active in what I want to do. If I want something I'll really go for it, in spite of the challenges.

WHAT DO YOU LOVE **ABOUT ERICH?**

She's so humble, she's so nice, she doesn't go out, and she doesn't drink. It's something so different and it caught my attention. She's so smart, and it's amazing how caring she is and malambing she is.

WHAT ADVICE CAN YOU GIVE COSMO GIRLS ABOUT FINDING LOVE?

You don't have to try so hard to get attention from guys. Just be yourself and the guys will come to you. I think that's the most important thing.

DO YOU THINK GIRLS WHO DON'T LOOK FOR LOVE ARE MORE ATTRACTIVE?

Well I would say so, because they get to enjoy their lives, they're much happier. The time will come, so enjoy your friends and family first.

"YOU DON'T HAVE TO TRY SO HARD TO GET ATTENTION FROM **GUYS. JUST BE YOURSELF AND** THEY WILL COME TO YOU."



COSMOPOLITAN ADVERTORIAL

Start Your Journey to a Beautiful You

Be inspired by these helpful tips from a YES! reader on raising a teen daughter, and start your journey to a beautiful ever after.





Physical beauty may only be skin deep, but even a bad case of acne can really affect one's confidence. Just ask Janette and her daughter, Nicolle. In her teens, Nicolle suffered bad skin breakouts causing her to lose self-esteem. Like any loving mom, Janette supported her daughter during those tough times, and today, Janette is proud of her daughter's new-found confidence.

Question: How did you help your daughter grow in beauty and confidence?

JANETTE: I may be biased as her mom, but I've seen her shine and be confident in what ever she did while growing up. During her tough teen period, I never forgot to tell her that beneath that shy girl is a beautiful woman waiting to bloom. I guess, telling Nicolle that she's beautiful helped her during those times she felt otherwise.

NICOLLE: I love that my mom never made me feel insecure especially when I was dealing with my acne problems. She was there to pick me up when I felt I'm at my ugliest, like, during my worst periods. She was also there when I got a bad grade, and when I was so lost about which college degree to take. She would always cheer me up and stand beside me. She also gave me helpful tips on how to care for my skin.

Question: What did you do to help your daughter overcome her physical insecurities?

JANETTE: Nicolle suffered a bad case of acne when she was a teenager. So, I really looked for an effective anti-acne product that's also safe to use on her sensitive skin. Among all the products I came across, I chose Maxi-Peel kasi it really works. *Alam mo*, it helped keep Nicolle's skin looking healthy. It brought back her confidence.

NICOLLE: In the past, I kept trying so many anti-acne products, which didn't work at all. My acne kept getting worse, especially during my period! So, when Mom introduced Maxi-Peel, I tried it right away because I was desperate to find something that works. *Buti nalang talaga* Mom gave me Maxi-Peel! I saw the difference when my skin started to peel, revealing renewed and healthier skin.

QUESTION: What changes have happened to Nicolle since she included Maxi-Peel in her skin regimen?

JANETTE: Oh my, I saw the jolly, positive Nicolle again! You should have seen her transform back to her confident, outgoing self. Her self-esteem has only grown ever since.

NICOLLE: No more pimples! I'm so happy that I don't feel ashamed to take selfies anymore or even talk to new people! It really helped build my self-confidence. Now, I don't hide from the spotlight anymore—I would volunteer to head projects, speak up and share my ideas, take on challenging tasks, and explore new places. I feel... free.

Question: What's your message to other moms who are going through the same struggles with their teen daughters?

JANETTE: The truth is that skin problems really affect teens' self esteem. You really don't need to try all those options out there, because we've done that, and we have learned that we should have tried Maxi-Peel from the start. It's one of our best decisions ever

NICOLLE: Don't let skin problems steal your confidence and keep you from becoming your best. Listen to your mom, she has your best interest at heart. You are beautiful. Believe it

#BagongGandaBagongPagasa

Start your beautiful ever after with the help of Maxi-Peel. Just follow these easy day and night regimens:

DAY REGIMEN

Step 1 Wash your face using Maxi-Peel facial wash.

Step 2 Apply Maxi-Peel Sunblock to protect your skin from the sun.
Step 3 Apply Maxi-Peel Concealing Cream that works as makeup base, concealer and moisturizer in one.

NIGHT REGIMEN

Step 1 Wash your face using Maxi-Peel facial wash.

Step 2 Pour 1-2 drops of Maxi-Peel
Exfoliant Solution on a cotton ball and
swipe on your face and neck.
Step 3 Apply Maxi-Peel Moisturizing Cree

Step 3 Apply Maxi-Peel Moisturizing Cream to keep your skin soft and smooth.

Remember, it's never too late to start your journey to become your true, beautiful self.

maxi-peel®





#PRETTYSTRONG



Run in style with Merrell's top of the line running gear. An ensemble of Merrell shirt, shorts, jacket, and shoes surely elevates the running experience into a level above any other. So whether you're running at the first break of light or in the late hours, pump up your running game with Merrell for that good sweat!

TRAVEL

12

14

Hiking is the new talk of the town and there is no better time to be a trailblazer than now. Pick your peak and the coolest Merrell kicks for your next hiking destination! Be one with nature and be on top of your game with Merrell hiking shoes and apparel and conquer uncharted territories today!



Life's greatest moments are found in the most unexpected places. With a carry-all bag that bears your dreams and your things, count more miles under your belt and experience the journey of a lifetime. Look pretty strong in your Merrell outdoor clothes and experience a getaway to adventure you will never forget!

MERRELLHACKS

Itching from mosquito bites?
Don't throw that banana peel away!
Rub the insides of a banana peel on the affected area and be relieved in no time!



Convertible Pants 2. Merrell Tee 3. Hydration Pack 4. Wind Jacket 5. Capra Sport 6. Merrell Tee
 Woven Jacket 8. All Out Charge 9. Woven Shorts 10. Merrell Tee 11. Delta Female Shopper 12. Terran Lattice
 13. All Out Bold 14. Woven Capri















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ASK HAPPY

Cosmo fashion editor Happy Lopez fixes your fashion probs and shares her new obsessions.



I love wearing pencil skirts, but my usual pieces are getting boring. How can I update my look?

€Don't be afraid to experiment with and edge up your classic silhouettes with prints and textures, like with this patent leather skirt from H&M, which you can pair with a button-down or a sweater, to give your office style a trendier look.

€



I have to wear heels every day at work, but my feet really cannot stand the pain. Any more comfortable alternatives?

Try comfier styles like wedges, block or chunky heels, or, if your dress code allows it, flatforms. These are more stable to walk in and offer better ankle support. But if you need to wear stiletto pumps, Cosmo fashion director Donna Cuna-Pita swears that her custom-made Shoes by Tish Sevilla are the comfiest she's ever worn. Have a pair (or three!) made with genuine leather, pick the color, heel height, and modify the insole cushioning to your preferred comfort level to ensure the coziest fit.



Can I wear a watch with a formal gown or dress? I'm a watch wearer but I always second-guess whether I should wear one to black tie events.

*I suggest you wear a watch in a bracelet style instead of with the usual metal or leather straps. I love the latest watch box set from Anne Klein with timepieces that look like delicate bracelets and matching Swarovski crystal-encrusted bangles to stack with your watch. Problem solved! **

I have really big and wide feet so it's really hard for me to shop for shoes. Any suggestions?

**Don't compromise your style with unattractive footwear. The best wide-fit styles (besides open-toed sandals) include square-toe pumps, kitten heels, booties, loafers, and smoking slippers. Adjustable straps let your feet breathe better, too. Parisian Plus has a wide range of trendy styles for all foot shapes and sizes. **



(TEXT) HAPPY LOPEZ. (SM PLUS, H&M, ANNE KLEIN) COURTESY O RESPECTIVE BRANDS. (SHOES BY TISH SEVILLA) DAIRY DARILAG

New Scent! Up to 2 hrs protection from back leaks



vs Whisper Cottony Clean Regular

whisper*



also available



Fun, Fearless Style



TREND TEST

How do I wear...

Real women, real shapes, really helpful advice.



Vest, Warehouse, ₱3,245. Top, Topshop, ₱995. Pants, Dorothy Perkins, ₱1,395. Heels, H&M, ₱2.990.







21, makeup artist

Vest, River Island, ₱4,490. Top, ₱1,690, and skirt, ₱1,990, both H&M. Heels, Charles & Keith, ₱2,599.



RETTY **CONTRERAS** 22, editorial assistant

Vest, ₱1,535, top, ₱1,175, pants, ₱1,175, and pumps, ₱1,295, all Forever 21.



Vest, Zalora, ₱1,299. Top, H&M, ₱1,190. Shorts, Dorothy Perkins, ₱1,795. Shoes, Charles & Keith, ₱2,599.

pale-hued tailored style over a brightcolored dress creates a leaner and taller

ANGELICA GUTIERREZ

26, editorial assistant

Vest, Topshop, ₱3,395. Dress, Sfera, ₱2,199. Heels, Shoe Addict, ₱2,000.



TO OUR LOYAL CONSUMERS

We would like to announce that NESVITA Cereal Milk Drink will no longer be available in your favorite stores in the coming months.

We wish to thank you for welcoming NESVITA Cereal Milk Drink into your homes all these years, and would like to assure you that NESTLÉ will continue to make available nourishing breakfast and snack options for you and your family.

We invite you to try our BEAR BRAND BUSOG LUSOG, a delicious cereal milk drink that has just been reformulated to have 2x more cereal flakes*, with the tibay goodness of BEAR BRAND Powdered Milk Drink in it.

We thank you once again for your loyal patronage and we look forward to serving you more through our products in the many years to come.

Nestle Nestle Carca Calcum Cal

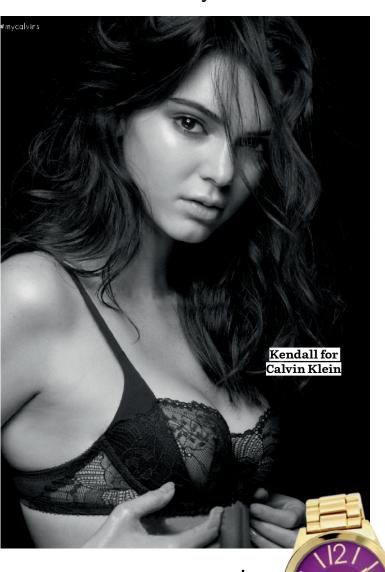
James Robert D. Afzelius

AVP - Consumer Marketing Manager

Nestlé Philippines Inc.



Fun, Fearless Style



MIXED MESSAGES

We're loving the neon light design on this bag from Jimmy Choo's new Autumn/Winter collection. Use it to make a sassy statement on your next girls' night out!



WHAT'S

HOT

Get your fresh fashion fix with this month's finds.

GOLD RUSH

Stay fashionably on time with a piece that's both classic and colorful. Nine West's gold wristwatches come in a variety of vibrant hues to suit your personality.



LACE LOVE

Kendall Jenner sizzles in Calvin Klein's new underwear campaign! Cop her sultry style with the brand's line of lace sling balconette bras that create dramatic lift and cleavage—perfect for a night with the BF or when you just want to feel extra sexy inside and out.





POLO PRETTY

Update your basics with printed polos that are anything but boring. At Tory Burch, ruffled necklines put a ladylike spin on this classic piece. Mix with a contrasting print if you're feeling daring—check out our fashion editorial "The Clash" for cool ideas!

URBAN CHIC

Give your feet a break with shoes that are comfy yet totally stylish. Lacoste's latest Meyssac Deck shoe for women comes in feminine hues. with contrasting textures and details that give off edgy urban appeal.



HAPPY'S TIP

When trying on new pumps, test them by tiptoeing so your heels are at least an inch off the ground. If you can't do it, that means those shoes are much too high (and won't be comfy!) for you.



Tory

Burch

let's make things a bit faster

Women already have so much to do during the day. Scratch one off.

Kojie-san Cleanser+Toner takes care of matters with its dual action formula taking all the day's dirt out and tone at the same time.

Get home. Clean up. Sleep. Now that's a step forward.







(TEXT) MERIAM AHARI. (STILLS) LOUIE AGUINALDO. (L'OCCITANE, MARC JACOBS) COURTESY OF RESPECTIVE BRANDS.

lews



NEW KID IN TOWN

SM Makati welcomes its newest beauty brand Origins—known for products containing mostly natural and organic ingredients (and none of the bad stuff, like parabens). The brand's motto, 'Powered by Nature. Proven By Science. assures customers that each product is researched, tested, and tested again to ensure efficacy and safety. The line also boasts what Origins likes to call 'barrier-free shopping'free being the key word. We're talking free mini-facials, free take-home samples, and free gift wrapping when you visit the store.

> L'Oréal Color Riche Moisture Matte in

> Pure Garnet, Pure Fire, and Pure Rouge, P400 each.



THE CATWALK'S PINAY DARLING: MARGA ESQUIVEL

Chanel, Gucci, Marc Jacobs—these are just a few of the designers on Pinay model Marga Esquivel's runway-resumé. Born in the Philippines, Marga moved to California where she decided to pursue modeling, then to New York where she is currently based. The #SilverQueen—so she's been dubbed on Instagram—garnered some serious exposure at Chanel's exclusive Haute Couture Fall 2015 show. The 19 year-old's silvery-grey, blunt-cut lob with its dulled hint of briny-blue has given this unconventional beauty the edge she needs to make the fashion world take notice. No stranger to eyecatching hair color, Marga has rocked a platinum blond 'do and even neon-violet locks. Seeing a Pinay strut alongside models like Kendall Jenner and Lindsey Wixon just shows that the fashion world is finally grasping the notion of the modern muse as anything but traditional. The definition of beauty has become as diverse as the city in which Fashion Week resides.

Stroke of Genius

Gone are the days of the compact. Your new mirror is vour smartphone! L'Oréal Paris introduces the first-ever virtual makeup tester: Makeup Genius. This fittingly-named applets you try different L'Oréal products and shades without ever having to test them in real life. Simply take a photo of yourself and tap on the makeup you want to 'try on.' The liners and lipsticks even move with your face as you turn your head from side to side. No more wasting money on lipsticks that look pretty in the tube, but are horrible with your skin tone. Now that's what we call smart shopping.



MERM'S TIP
Rub lotion between your hands and wipe
palms along clothing to remove static cling.

WWW.COSMO.PH



ASK MERM

Got a beauty dilemma? Get expert advice from Cosmo's beauty editor who has seen and tried it all!



Do I really need to use toner?

While not always considered an essential part of your regimen (unlike cleanser and SPF) many toners can be very beneficial. For example, I use a toner with salicylic acid to keep my oily, acne-prone skin in check. Other toners contain nourishing antioxidants to keep skin radiant and healthy. So, consider that the more time and effort you invest in skin care, the better your results will be.99



Dove Men+Care Fortifying Shampoo, 170 ml, ₱129.

You'll hardly believe your doeeyes! Ever Bilena Colored Pencil in Pure White,

How do I make my small eyes look bigger?

€Curling your eyelashes goes a long way. Start from the base of lashes, clamping down several times until reaching the tips. Open up small peepers with a swipe of mascara on top and bottom lashes, focusing on the center of the upper lashes. Lining the bottom waterline with white pencil also instantly brightens eyes and makes them appear larger.99

Is it okay to

shampoo? Males are more prone to dandruff and hair loss, so their shampoos cater to these specific concerns. If you have similar concerns, his shampoo might even help. Like deodorant, it won't kill you to borrow your man's products when in a pinch. But if your hair requires something different like color protection or curl enhancers, stick with your own shampoo for the long haul.99

use my

boyfriend's

Are all-natural eye creams effective?

€All-natural products can be just as effective as their chemical-containing counterparts. To diminish dark circles, look for creams containing vitamin K, which promotes blood circulation while fading pigmentation. Vitamin C, rose hip seed oil, and grape seed extract sufficiently reduce the appearance of wrinkles while green tea soothes puffy eyes.99



Hvdration Eve

Cream, ₱1,450.

GOT A BEAUTY Q? MESSAGE @COSMOMERM ON INSTAGRAM OR TWITTER TO GET YOUR ANSWER IN AN UPCOMING ISSUE.

COSMOPOLITAN | SEPTEMBER 2015 see Shopping Directory for details

TEXT) MERIAM AHARI. (PHOTO) DANISH CONNECTION. (MERW'S HEADSHOT) BJ PASCUAL. (BURT'S BEES & NARS) COURTESY OF RESPECTIVE BRANDS. DOVE) COURTESY OF RESPECTIVE BRAND. (SHAMPOO SMEAR) JAY MUCKLE/STUDIO D. (OTHER STILLS) LOUIE AGUINALDO.





THE POWER OF COCONUT

Moisturizing. Antibacterial. Antifungal. Paraben-Free. Specially made to delight and care for your skin, naturally.



Caring Naturally in Lotion, Beauty Bar and Body Wash



THE SKINNY

COLOR ME GOOD

The latest trend in 'it' hair color? Customized, just-for-you shades that can't be duped.

Unfortunately, not all dyes are created equal. With so much to consider—warm and cool undertones or how dye will react to existing color—the slightest misstep can cause brassy locks or a washed-out complexion. Many dyes in the market cater to European and Western hair, but pigment that lightens blonde locks can turn ours an unsightly metallic-orange we see so often.

The properties and needs of Asian hair require specialized treatment, something that TIGI Copyright@olour takes into consideration. Composed of 48 creative shades, 28 glosses, nine mix master shades, five strength activators, four lift shades and two lightener options, this line of dyes can be intermixed to design personalized color that best suits your particular features.

Before a salon can administer Tigi Copyright@olour, professionals must undergo strict training to become a certified 'Colour Artist.' Allowing your colorist to call the shots requires some trust considering one cannot simply request a standard, ready-made shade. However, clients can let their Colour Artist know what shades they do not want-for example, no ashy or purple tones. After an initial consultation analyzing the current condition of hair, color is decided upon based on your skin tone, hair color, lifestyle, etc. Once the client agrees to the decision, the personalized dye is handmade—with 100 percent color-outcome predictability, so no surprises!

Sometimes, you just have to trust your colorist and say, "Do whatever you want with my hair!" So, Cosmo's editors left the decision-making to the pros, and voila!

TIGI Copyright©olour Educator Mona Macaltao explains how she formulated each hue:



Hazel Malagonio ART DIRECTOR "I used TIGI Copyright©olour Creative and Mix Master to counteract the previous copperish tone. The Gloss added more sheen and smoothness to Hazel's hair."



Mich Lagdameo Managing Editor "I alternated streaks of redbrick with platinum ash-blonde highlights over a golden-auburn base. The accents hid a few gray hairs and gave movement to her long tresses."

MONA SAYS:

"A darker, golden-oak shade creates depth and enhances the natural warmth of Trisha's skin tone. I toned with a light natural blonde to maintain the lighter shade she loves."

> Trisha Bautista EDITORIAL ASSISTANT



A range of glosses, toners, and dyes to create your unique personalized hair color.

FIND TIGI COPYRIGHT@OLOUR AT:

Salon de Manila Katipunan, Salon de Manila in Palanca St., Basement Salon in SM Aura, David's Ruby Road, Salon Beauvoir, Bing Dio Salon, Studio 28, Clique Salon, Enjho Salon) MERIAM AHARI. (PHOTOS) JICO JOS











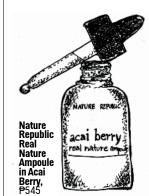




BEAUTY 101

SKIN • CARE DIC.TION.AR.Y

Korean beauty trends are influencing skincare brands more than ever. But with so many different types of products, it's hard to tell which is what. Here's your guide to decoding what's really inside all those bottles.



ampoule [am-pyool, -pool]

A concentration of vitamins, enzymes and botanical extracts meant for specific skin concerns like dark spots. Very light in consistency, absorbs fastest, and provides more immediate results.

WHEN TO APPLY: Before serum and/or essence.



Ftude House ike20 Booster,

booster [boo-ster]

Mixed with skincare to maximize efficacy since it allows the product to penetrate skin much faster (like a performance enhancer). To use, add 3 to 5 drops to your product (except sunscreen).

WHEN TO APPLY: After ampoule, with serum/ moisturizer/essence.



Kiehl's Midnight Recovery Concentrate,

concentrate

[kon-suh n-treyt]

A concentrated treatment containing nutrients like vitamins, essential oils and herbs that heal and treat different skin concerns such as aging skin. Accelerates overnight facial regeneration (similar to essence or serum).

WHEN TO APPLY: After toner.



essence [es-uh ns]

Light and watery, sometimes mistaken for toner. Unlike toner, not meant to clean skin. Delivers vitamins deep into skin after cleansing. Rub between palms and press into skin to apply.

Tony Moly Floria Whitening WHENTO **APPLY:** After toner and before serum.

emulsion

[ih-muhl-shuh n]

A lightweight, non-sticky, waterbased moisturizer. Those with oily, acne-prone skin can benefit from using an emulsion rather than a cream because it contains less pore-clogging oils while still providing hydration.

WHEN TO APPLY: After serum or essence and before sunscreen.



Philosophy Brighten My Day Brightening Emulsion, ₱2,895

Holika Holika Wine Therapy Sleeping Mask, ₱725

sleeping pack [slee-ping pak]

A creamy mask that is massaged onto skin during the last step of a skincare regimen. Sleeping packs are left on overnight to provide extra moisture and lock in all the products that were previously applied. Also referred to as sleeping masks, this product can be used one to two times per week instead of daily.

WHEN TO APPLY: Last step of regimen.

softener

[saw-fuh-ner]

Softener lotions look similar to toner, but are very different. Toners cleanse and exfoliate skin, whereas softeners are simply meant to soften and hydrate the skin-unlike many toners that can be very drying.

WHEN TO APPLY: After cleansing.

Shiseido White Lucent
Brightening
Balancing
Softener, ₱3,800





BEAUTY & THE

If you're one of the 48 percent of women who would rather give up sex than their smartphone, you're exposing yourself to a host of new beauty woes. Spots, poor-quality sleep and splitting nails are just a few symptoms of too much face-toscreen time. Here's how to avoid them.

GENERATION DESK-FACE

Assess your work space to help prevent jowls. "Sitting for long periods of time, staring at a screen with your head bent slightly fowards, can shorten your neck muscles and increase the gravitational pull on the jaw," says beauty guru Jilli Zander. Make sure your screen is at eye-height to keep your head level.





Partial to a bit of email before bed? The light on your face is telling your body not to produce melatonin—the hormone that controls your sleep cycle-which is triggered by the dark. "Lack of sleep leads to additional adrenaline and cortisol being pumped around your body," says sleep specialist Anandi of thesleepguru.co.uk. "This can have toxic effects on your system and skin." Deep sleep is also the time when your body repairs itself. Recent tests by Estée Lauder revealed that people who are sleep-deprived even take longer to recover from sunburn. Why not put a bedroom ban in your place (for your laptop, that is) or download f.lux (justgetflux.com)—an app that automatically dims the light of your screen in the evening.

DIRTY TALK

A study has revealed that 92 percent of tested phones had bacteria on them, with 16 percent harbouring E. coli. We hold our phones against the area typically affected by adult acne (the lower U of the face), and cosmetic dermatologist Dr. Sam Bunting warns that long phone calls can aggravate break-outs. "Use antibaterial wipes to keep the phone clean—alcohol- and bleach-free ones shouldn't ruin the screen," she says. "Using a zit-zapping product with salicylic acid will also help control inflamed spots."



1 Clinique Anti-Blemish Solutions Clinical Clearing Gel, P1,600 2 The Body Shop Absinthe Purifying Hand Gel P295 3 Estée Lauder Clear Difference Targeted Blemish Treatment, P2,220 4 MAC Wipes, P1,310

TECH CONTROL

Must-have gadgets to incoporate into your skincare regimen.

Facial cleansing brushes are an excellent—if not imperative—addition to your skincare routine. Namely, because they deep-clean skin to remove makeup, dirt, and sebum up to four times more efficiently than cleansing with hands alone, greatly decreasing breakouts. These brush heads are super gentle on sensitive skin too.



WANT TO IMPROVE

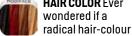
Trv desk voga! A seated spinal twist will release any back tension. Plant both feet on the floor and elongate vour spine. Cross your right leg over your left and, as you exhale, twist towards the top leg. Hold the pose for 30-60 seconds on each side.

GET APP

Six of the best free beautifying apps

GLAMZY 2 This app allows you to design your look before it

reaches your face. We hear that makeup artists live and die by these face charts.



HAIR COLOR Ever wondered if a

change would suit you? This will give you an idea before you reach for the purple dye.



MY LOCAL SALON

MIS You can look up treatments, hair

salons, and beauticians and make bookings anywhere in your area, whether you're local, have just moved, or are on holiday.



OPI Nail fanatics will love the clever Try-It-On Studio app that gives a virtual look

at the expansive OPI colour range.



DAILY WATER This app allows you to tick off your eight

glasses a day as you go. set yourself reminders, and chart your progress. You'll never be dehydrated again.



THE COLOUR **GENIUS** Take a picture of an item

WWW.COSMO.PH

of clothing and this clever app will match, blend. or clash nail polish, eye shadow, and lipstick with it.

Winner Shimmer!

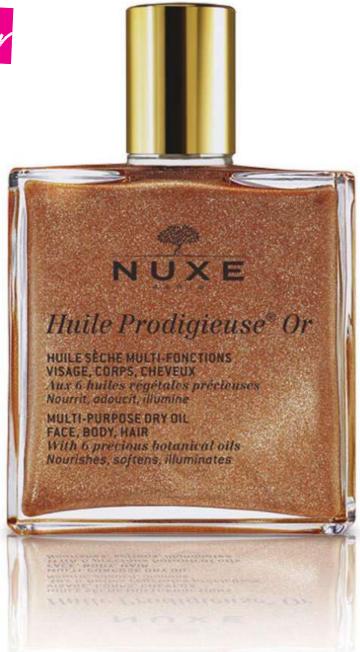
We raise our glass to Nuxe for giving our skin a luxurious glow!

Best Body Shimmer

Nuxe Huile Prodigieuse® Or

Add the ultimate finishing touch to any look with Nuxe Huile Prodigieuse® Or Multi-Purpose Dry Oil! Infused with six precious plant oils (Macadamia, Hazelnut, Borage, Sweet Almond, Camellia, and St. John's Wort), this cult product adds a subtle shimmer to your skin while nourishing, softening, and illuminating it in the process. 97.8% of its ingredients also come from nature, which means it's free from silicone, preservatives, and mineral oil. Thanks for never letting us dull our sparkle, Nuxe!









WINK OF AN EYE Freshen up in a jiffy with this oil-absorbing compact powder. Tony Moly Cat's Wink Clear Pact in 02, ₱498.

PRISM POWER

Satin lids bedecked with sparkly liner are nothing short of dazzling.

Revion PhotoReady Eye Art in Peach Prism, P625.



YADAH

GOLDEN HOUR Moisturize hands right after washing to prevent chapped cuticles. Yadah Vita

Capsule Hand Cream, ₱195.



SKY'S THE LIMIT A soft-as-clouds

pink mani looks great on any skin tone.



Look and feel like a million bucks (without paying the price). No buyer's remorse here!





WEAR YOUR PEARLS

Transform your mani with a pearlescent topcoat. Revion Transforming **Effects Top Coat** in Matte Pearl

Glaze, ₱250.



Lovelymeet SUN-KISSED

Line lips with coral pencil and apply shimmery gloss to the center of your pout for lips that shine. The Face Shop Touch My Lip Liner in Wonder Coral, ₱195.

PHYSIOGEL® HYPOALLERGENIC

"I finally feel #FreeInMySkin!"

The Limits of Dry, Sensitive Skin

Every woman wants to be free—to achieve her dreams and aspirations, to be whoever she wants to be. But as most Filipinas know, having less than perfect skin can hold you back. Model, host, and entrepreneur Patti Grandidge knows this all too well. "My skin was prone to sensitivity, redness, dryness, and even itchiness," she admits. These issues, usually triggered by weather changes and harsh chemicals, make you unable to focus on the things that matter to you. Instead of feeling free to pursue your ambitions, you feel embarrassed, uncomfortable, and limited in your own skin.

The Science of Physiogel

The #1 Most-Prescribed Brand by Dermatologists, Physiogel understands the need to maintain healthy and moisturized skin. The brand's unique Physiogel BioMimic Technology® mimics the skin's lipid layers, forming a protective barrier around the skin that keeps the moisture in and the damaging irritants out. The result? Softer, smoother, and healthier skin that allows you to feel free to fulfill your biggest dreams. Patti attests to this. "After using Physiogel, I felt free to live the life I want to," she says.



The Power of Freedom

Clearly, it's easier to feel like you have control of your life when you're not constantly worrying about your skin's health. Now that she's no longer suffering from dryness and sensitivity, Patti isn't afraid to go after what she truly wants and check off every item on her freedom list. With Physiogel, you, too, can stop worrying about dryness and sensitivity, and start being free in your skin instead!

Discover your freedom list! To find out more, visit freeinmyskin.com/ph.



Physiogel, Physiogel BioMimic Technology, and the wave design are registered trademarks of Stiefel Laboratories, Inc.



Philippines: 1800 1441 0884 1800 8908 8275







Physiogel is available in Mercury Drug, and other leading supermarkets and drug stores.

PHYSIOGEL CLEANSER: Agrendix 1: Formula for 241 A (Physiogel Face and Body Cleanser) *PHYSIOGEL LOTION: 1. Data on file. PIF Reference Number: PHY522A01. Assessment of Product Safety and Acceptability of Physiogel Body Lotion in a Home Use Study, Report Date: April 2003. 2. Data on file. PIH Reference Number: PHY570A01. A randomized, single center, single-blind, parallel, home use, cosmetic study to investigate the safety, efficacy, and acceptability of W0155 body totion in subjects with dry skin and signs and symptoms of redness, irch irritation and inflammation. Report date: August 2007. 6. Data on file. PIF Reference Number: PHY477801. Derma Consult GmbH. Activity Testing of Four Products. Report date: August 2007. 6. Data on file. PIF Reference Number: PHY477801. Derma Consult GmbH. Activity Testing of Four Products. Report date: August 2007. 6. Data on file. PIF Reference Number: PHY477801. Derma Consult GmbH. Activity Testing of Four Products. Report date doctober-2000. 10. Data on file. PIF Reference Number: PHY407801. Derma Consult GmbH. Activity Testing of Four Products. Report date doctober-2000. 10. Data on file. PIF Reference Number: PHY407801. Derma Consult GmbH. Activity Testing of Four Products. Report date: August 2007. The same purple of Physiogel Report Date: PHY407801. Derma Consult GmbH. Activity Testing of Four Physiogel. November 2012. 2. Data on file. Jolley, R. Support document for "Clinically Proven to strengthen and repair the moisture barrier" for siz Physiogel leave-on moisturizers. November 2012. 4. Data on file. PIF Reference Number: PHY407800. A single center, investigator-bind, randomized, intra-individual, parallel-side clinical study to investigate the barrier functionality restoration of normal functional conditions) of topically applied W0153, W0154 and W0155 in healthy volunteers. Report Date July 2007. Data on file. Jolley, R. Data bridging for Physiogel. November 2012. 8. Data on file. Jolley, R. Duptor document for "Clinically Proven to strengthen and repair the moist





{MYTH 2}

MEN JUST WANT **NO-STRINGS-ATTACHED** SEX

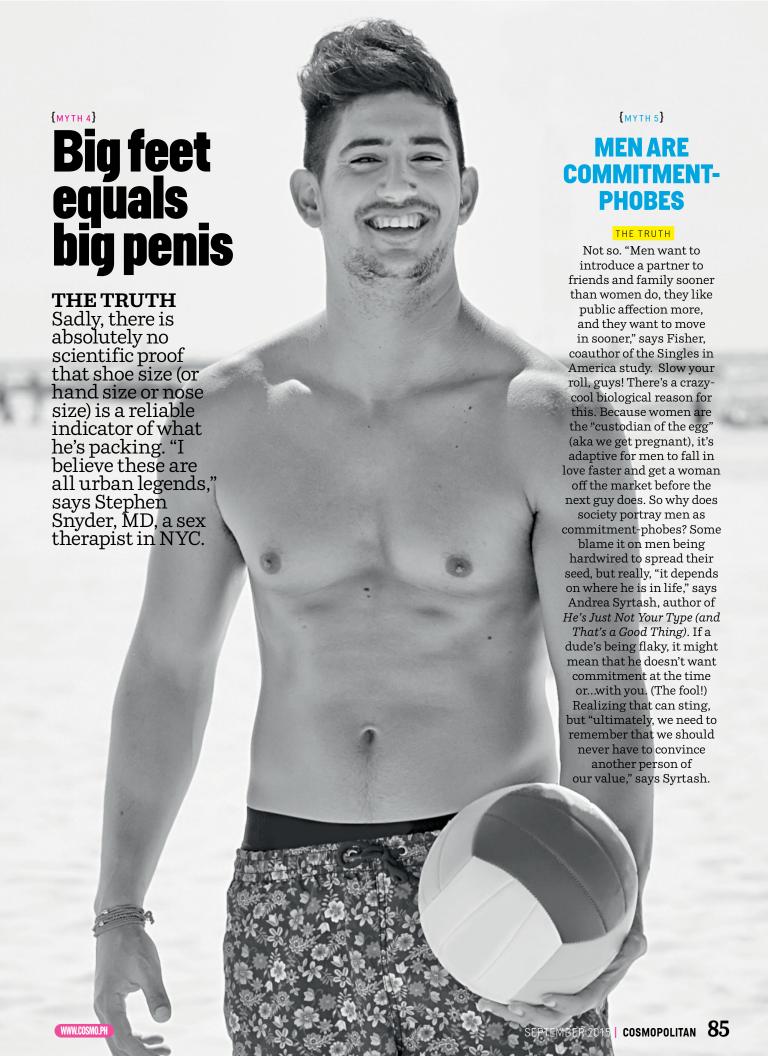
THE TRUTH

Not all men want no-strings-attached sex, and even those who do don't necessarily want just that. "Like many other personality traits—for example, extraversion—interest in casual sex varies widely among both men and women," says sex researcher Zhana Vrangalova, PhD. "Some men aren't interested in it at all. Some are interested in it during certain points in their lives." The important thing to remember is that just because a person is into casual sex does not mean he or she isn't interested in love and relationships. One doesn't preclude the other, and it's very possible to want both.



Men don't have a biological

THE TRUTH "Both sexes form pair bonds, both fall in love, both want to have children especially before age 40—and explains biological anthropologist Helen Fisher, PhD. "Men are just as eager to do so as women" both want to raise them,'







{MYTH 8}

ABOUT SEX

THE TRUTH

Thinking about sex

every seven seconds—

that's more than 8,000 times a day!—would make men not only sex-obsessed but, like, pretty severely impaired. Luckily for us (and humankind?),

the truth is much more

moderate. Younger men, predictably, think about it a little

more. A 2011 study

of men ages 18 to 25 recorded almost 19

times a day. Which is

still way, way less than

8,000. (Whew!)

WWW.COSMO.PH

12_{THINGS} GUYS DON'T CARE ABOUT IN BED

The male mind is in constant motion during sex: Did I try that move last time? Shit, did she just yawn? That CNN-like brain ticker keeps us busy—too busy to think about any of these things.

THE SIZE—AND SPECIFICS— OF YOUR BOOBS

I guarantee you're more worried about big nipples or a small cup size than I am. Think of it this way: You find a starving man on the street, and all you have is a carrot. You think he's going to hold out for steak?

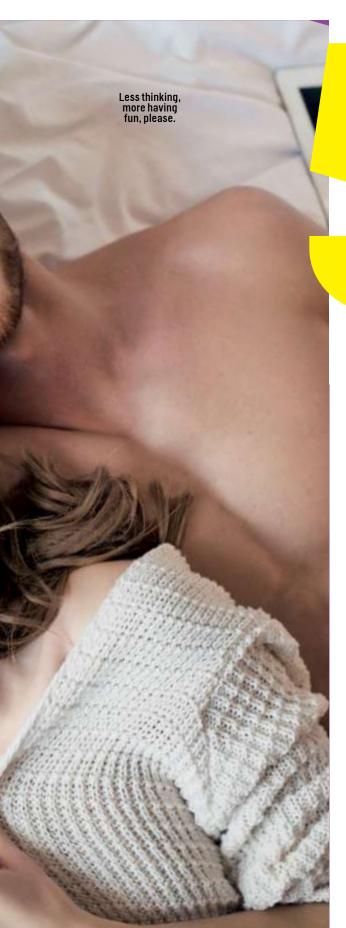
2 YOUR **'CREATIVE" ROLE-PLAY** SUGGESTIONS

You want me to be an illegal drug smuggler while you play the corrupt undercover agent? Done. Feed me the script, and I'll read the lines. Sure, I might think you're a little cuckoo, but you have sexual fantasies into which I am invited. That's hot.

3 EX-GIRLFRIENDS

Occasionally, it comes out that you're comparing yourself to my ex—worrying that you don't own handcuffs or I'm frustrated that your knees only seem to bend in one direction. Look, maybe my ex did let me watch her cook wearing nothing but heels and she had no discernible gag reflex, but she also used to check my e-mail and cut her toenails on the couch. Exes are exes for a reason.





YOUR BLOW JOB **TECHNIQUE** As long as you're not using teeth or doing anything with your hands that could **be** confused with wringing out a towel. you're in pretty good **shape.** Assuming, that <mark>is, you haven't let go of</mark> <mark>th</mark>é balls. Never let go

of the balls.

6 YOU REACHING **FOR THE LUBE**

Some women seem to think needing it is a personal shortcoming. But lube makes sex better. Most guys have already realized this, but it shouldn't take too much convincing. Using it on yourself, and him, is a great bit of foreplay. Plus, it gives me another thing to misinterpret as proof that I'm better endowed than other guys—so well-hung, she's calling in backup.

YOUR **UNDERWEAR**

Within reason. If they are stained. consist of more fabric than a duvet, or have Hello Kitty printed on them, a guy might notice. The solution? Take 'em off! And, on second thought, keep the cutesy ones you love so much. I have an idea....

8 WHETHER OR **NOT YOU SWALLOW**

It's like they used to say about masturbation in health class: It's normal if you do and normal if you don't. Just know that I don't expect you to. If you're not going to do it, just grab that towel that "happens" to be by your bed—or if you are feeling generous and want to reward me for watching too much porn, offer up your chest or stomach. I'll knit you a towel out of gratitude.

9 THE SOUNDS **YOU MAKE**

Unless my parents are in the next room, there really is no such thing as your being too loud. Whether the sounds are highpitched, guttural, a moan, a purr, a growl, or even a snort—as long as it can't be confused with a hyena or a hawk, I really don't care. If you're really worried, just breathe deep in my ear. Always works.

10 THE SOUNDS YOUR BODY MAKES

If we're adjusting positions and our chests squeeze together on a pocket of air to make a fart noise, I know it wasn't you. As for the occasional noises that may emanate from Downton Abbey when things fall into a particular rhythm, that's just what sex sounds like. To complain about that would be like complaining you can hear a car engine humming.

11 your **ORGASM FACE**

Yes, you look like you're about to sneeze, cry, and lift a sofa all at once. But it's probably nothing compared to my O face. In fact, a lot of guys get off on your O face. Because it means you came. Which means I'm a sex wizard.



I KID! I CARE ABOUT THAT **BECAUSE THAT'S** WHENIKNOW CAN FINALLY-TRIUMPHANTLY-GO TO SLEEP.



Talking about sex with your girlfriends is one of life's simple pleasures. So why does it have to stop when everyone falls in love and settles down?

WHEN YOU'RE SINGLE

and hooking up, talking about sex with your friends is as free-flowing as a fresh pitcher of bellinis at brunch. "He has a micropenis." "He has an anaconda in his shorts." "He can't get it up." "He can't keep it up." "He's amazing at oral." "He slobbers like a Saint Bernard during oral." Good, bad, hot, hilarious, and everywhere in between, if it happened to one of your main bitches in bed last night, there's no such thing as TMI.

That is, until you all start falling in love.

Notice how the sex talk mysteriously starts to dwindle when your group starts getting serious with boyfriends or girlfriends?

Once you're in a relationship, the carnal conversation splits. There's the sex you talk about and the sex you don't.

"When you're hooking up, talking to your girlfriends is an opportunity to explore and be curious and get a sense of what's 'normal," says Megan Fleming, PhD, a clinical psychologist. certified sex therapist, and instructor at Cornell University. "There's a big difference when, all of a sudden, you're honoring a

more serious relationship." Demonstrating the 45-degree crooked angle of his wang with your index finger, for example, tends to lose its sparkle once that wang belongs to your fiancé.

Talking about an S.O.'s sex game, right down to the thrust, can be socially awkward too. Your friends meet him, partake in Sunday Fundays with him, and become friends with him. "It crosses your mind that 'Fuck, I'm bringing him to her

wedding. I can't tell her about his weird balls," adds Annie, 28

Talking about your relationship sex can even feel like betrayal—especially if it's a complaint. When she was single and playing the field, June, 33, provided detailed reports of her hookups to her friends. She remembers imitating to her former roommate an odd, teethgritting face one guy made when she got on top. But once she started seriously dating her now-husband



Love, Lust & Other Stuff



eight years ago, she stopped confiding to even her best friends about their sex life.

"When you get into a relationship, you start to see yourselves as a unit, and you're fiercely protective of that unit," she says. "Even if he does something weird in bed, you tend to keep those details closer to the vest."

When the sex talk fades away, sometimes that safe, girlfriends-only space for getting advice about sex fades away too.

And by silently carrying the weight of that weird thing he did—or didn't do enough of—"you're perpetuating the idea that relationship sex is always wonderful and that people don't talk about it when it's not," says Kristen Mark, PhD, an assistant professor and director of the Sexual Health Promotion Lab at the University of Kentucky. "Most relationships have their sexual ups and downs. But when no one else is talking about that, you

think, Oh my gosh, I must be alone in this."

"I'm definitely more likely to tell my best friend that my boyfriend and I had a rocking good time on vacation, if you know what I mean, than to tell her about those ruts where we don't have sex for three weeks because we're both stressed out and tired," says Nicole, 33.

Opening (back) up to your friends about your sex life could not only demystify relationship sex, says certified sex

therapist Nan Wise, PhD, an assistant research professor at Rutgers University, but "if people were more open and authentic about their sexuality in their friendships, they would feel much better about their sexuality with their partners." Verbalizing to your friends what's bugging you could help you sort out your feelings and better express them to your partner. Talking about relationship sex to your friends can be respectful, she says, especially if you're asking for advice or support, as opposed to bashing your partner...or his balls.

Annie had followed her friends' lead and stopped talking to them about sex with her serious boyfriend. But a year into the relationship, deep down, "I was low-level worried that we weren't having enough sex," she says. So she broke the sex-talk seal and asked a dinner table of close friends how often they did it. Turns out, they were all having sex a couple of times a week, about the same as Annie and her man. And they all wanted to be having it more. Of course, there's no such thing as "normal" only normal for you. Still, knowledge is power—and can relieve your stress. "It made me feel so much better," Annie says.

Then their convo turned to anal—was anyone into it? And, OMG, almost getting caught by one's mother-in-law during the holidays! It's proof that you don't have to stop talking about sex with your friends when you fall in love. You can talk about it in brand-new, equally fun ways. ■



Four Questions to Ask Yourself Before

IF ONE OF YOU GOT A JOB ACROSS THE COUNTRY, **WOULD YOU MOVE THERE** WITH THE OTHER?

If you'd live anywhere with this person—because you truly want to #levelup — you should feel good about apartment hunting. But if moving in is about saving rent or ditching lame roomies, think twice. "Cohabiting for convenience may lock you into a relationship that isn't good for you," says W. Bradford Wilcox, PhD, Director of the National Marriage Project at the University of Virginia. He says couples who make intentional decisions about milestones like moving in are more likely to stay together than those who casually "slide" into big transitions because it seems easy. Think about the "woulds" of living together rather than the "shoulds" (i.e. "I'd gladly have this guy in my bed every night" versus "All my friends live with their boyfriends, so I should too.")

CAN WE DEAL WITH HOUSEHOLD STUFF WITHOUT HATING EACH **OTHER'S GUTS?**

A serious concern about his character (he's really selfish) could be a deal breaker. But if you're worried about his habit of leaving dirty dishes in the sink, that's totally normal. In fact, 83 percent of women say moving in with a boyfriend or girlfriend for the first time is a "real challenge," and the toughest issue is dividing chores, according to a survey by online art marketplace UGallery. Handle it Olivia Pope-style before moving-in day: Order takeout, uncork wine, and divvy future tasks according to your strengthsmaybe he's boss at cooking, you're the queen of dishwasher loading. And plan to "negotiate your personal space," says Samantha Boardman, MD, a clinical instructor in psychiatry at Weill Cornell Medical College. "Having

separate drawers and closets provides a sense of autonomy and makes you less likely to freak out when he leaves his towel on the floor." Preach!

ARE WE READY TO HAVE A SERIOUS CHAT ABOUT MONEY?

It's not the sexiest conversation, but you should be comfortable going there because cosigning a lease is no joke. "If your partner misses a rent payment, that could ding your credit score, since cosigning means you're responsible for any missing money," says Alexa von Tobel, founder and CEO of Learnvest and US *Cosmopolitan* financial columnist. Your name should be on the lease, so if you break up, you don't get kicked out, and Von Tobel suggests budgeting how much you'll each be able to pay in rent and bills. There's no rule that says you have to split 50/50—if one of you makes more and is okay with paying more, so be it. What matters is making a plan you're both happy with—and sometimes tossing aside the bills and making out.

DO WE WANT MOVING IN TO LEAD TO MARRIAGE?

Forget your mom's old saying about the cow and the milk. Moving in doesn't mean he'll never put a ring on it. In fact, two-thirds of new marriages are between people who lived with their partners beforehand, according to recent data from the Council on Contemporary Families. Sharing your space can make cohabitation feel like a "trial marriage" for a lot of couples, says Arielle Kuperberg, PhD, an associate professor of sociology at the University of North Carolina at Greensboro. But don't assume that moving in is going to lead to a big, fat wedding. Be honest about where you want the relationship to go before you move in, and make sure you see eye to eye on "I do."

COHABITATION FRUSTRATION

MAJOR MOVING-IN ISSUES. SOLVED!

Now that you're playing house, what could possibly go wrong? Oh, nothing much—just blending your social lives, negotiating who rules the TV, and dealing with his decor sensibility (or lack thereof). We say pssht, you got this.

HE: Wants to stay in, microwave instant noodles, and play Halo every Friday night.

YOU: Want to go out for drinks and gossip with your girl posse. WHAT TO DO: Go! Having a life outside of your new nook will keep things interesting. You can miss your man and feel the sweet satisfaction of seeing his cute face when you get back.

HE: Wants to bring his "vintage" collection of superhero figurines when he moves in. YOU: Are not impressed that it will be worth thousands one day. WHAT TO DO: Convince him to pick a favorite to display, then buy a respectable frame for his Kill Bill poster, and let it hang in the hallway. Hey, it's his home now too.

HE: Believes the bedroom floor makes the perfect laundry basket. What smelly basketball gear? YOU: Hate that his mom was right about him being a slob and are trying not to nag him like she does. WHAT TO DO: Promise some sexy-time every time you come home to a superclean pad, or when he consistently helps out. Really, just add sex to any chore.

HE: Lulls himself to sleep with the noise of NBA Premium or BTV. YOU: Can't sleep because you feel like you live inside Staples Center. WHAT TO DO: Subscribe to NBA League Pass and make him watch games on the iPad, with earphones on. Consider it money saved on couples therapy.

HIS POINT OF VIEW

4 LINES WE **JUST DON'T BUY ANYMORE**

And *you're* on *our* case for miscommunicating?

Remember the time when your relationship was fresh, where every line and phrase you fed your man was like throwing a hungry puppy that metaphorical bone?

Of course you do. He ate it all up without saying a word, never regurgitating anything in the process. Back then, it was all replies of "yes, love," and "you're right, sweetie," laced with the afterglow of an insatiable sexual appetite and a bond beaming with so much potential. An orgy of rainbows and unicorns had nothing on you two.

But long-term relationships do have a way of reaching a point where you're so comfortable with your significant other that the same lines, phrases, and excuses that once worked no longer inspired a head nod. There's nothing wrong with that. It's just that now, he actually knows what they mean, and he contests, debates, and even gets irritated, because frankly, he just isn't buying it anymore. Anyway, you wouldn't want someone who just agrees with you, right?

Here are four of those lines we're so over with. The silver lining to all of these? You now have the chance to upgrade your arsenal. We're easy to sweet-talk. It's just a matter of choosing your words more wisely.

1 "WAIT! GIVE ME FIVE **MORE MINUTES! I** STILL NEED TO MAKE **SURE MY BROW-GAME** IS ON FLEEK!"

How this sounds to us:

"Your time doesn't matter as much as mine."

The problem: We know it won't really take just five more minutes for you to finish getting ready, but it only becomes a problem when there's a lack of consideration involved. We prepared one hour in advance in the hopes of giving you some lead-time, but your post-shower routine is like watching a Lav Diaz movie on Valium. You've still got to apply eyeliner, some lippie, and you've yet to choose your shoes!

The line you could use: "Sorry, babe! It's just that I always want to look my best when I'm with you."

2 "YOU JUST WOULDN'T UNDERSTAND!"

How this sounds to us:

"You're incapable of comprehending and empathizing with my emotions." The problem: Romantic relationships should be grounded on trust and honesty. If you're passive-

aggressive about something that's eating away at you from the inside, it will only weigh you guys down.



3 "YOU'RE PARANOID. **HE'S JUST A FRIEND!"**

How this sounds to us: "I'm willing to defend him so I can prove you wrong." **The problem:** We know when a guy is trying to ninja his way into your heart and into your pants (we've been there). Telling us otherwise will just make you look even more defensive and ignite suspicion. Yes, having platonic male friendships is natural, but if your partner senses

a threat it's better to acknowledge his instincts rather than just chalking it up to crazy-talk.

The line you could use: "You can trust me."

4"I HAVE MY PERIOD."

How this sounds to us:

"I'm just finding the easiest way to shut you up." The problem: It's a copout. You can exploit your monthlies to rationalize your moodiness and avoid confrontation. It's the estrogen power card that men will never biologically understand. Of course, we know it's not fun! Just the thought of blood coming out of our penises every month scares us shitless.

The line you could use: None. You can keep this.



Love, Lust & Other Stuff

1 "I LIKE THE PHOTOGRAPHY."

We see through it **because:** There are only so many boobs and butts on your Instagram feed that you can justify as "good photography" or "art." And it's not like we don't see you scrolling. scrolling, scrolling down ever so casually, feigning nonchalance when you can sense us looking, then scrolling right back up to gape at that photo of an uma-aura bikini babe when you think we've turned our attention elsewhere. Please lang.

Why you get off the hook: Because we'd be lying if we said we didn't check out guys online, too. We're just more discreet about itsearch, don't follow.

2"I HAVETHIS...THING... THAT I NEED TO DO.'

We see through it because: This is often said half an hour before a double date with our best friend and her fist-pumping DJ wannabe new boyfriend, or dinner with our stuckin-high-school group of friends we still have to touch base with once in

a while.

Why you get off the hook: Because we'd rather you stay home with your trusty PS4 than constantly fidge with your phone the whole time we're out. Next time, just tell us that you think our childhood barkada is obnoxious, and that our best friend's BF is a doucheface. Then we can just laugh about it together.

3"SORRY I WAS CRANKY. PAGOD/PUYAT/GUTOM LANG AKO.'

We see through it because: In our hearts, we know that it was probably something trivial we said or did that made you snapnot exhaustion, hunger, or EDSA traffic. You just don't want to discuss it anymore.

Why you gett off the hook: Because there will always be little things about us that will annoy you momentarily, make you overreact, make you feel stupid afterwards, then let go of. Not everything has

4 "SHE'S JUST BEING PROTECTIVE."

to snowball into a major

couple issue.

We see through it **because:** We know your super territorial mom/ lola/tita will always question whether we're good enough for you, and secretly hopes you'll find someone na magaling magluto, marunong maglaba, maputi ang siko, at higit sa lahat, virgin pa. Why you get off the hook: Because it's sweet that you're trying not to hurt our feelings. And because we're sure we'll win over the alpha females in your family someday, just you wait. Also because you should hear how our talk

5"I MISSED YOU THE ENTIRE TIME! I DID!"

about you.

We see through it because: Really? You missed us when you were at Laboracay? REALLY?! Why you get off the **hook:** Because it's okay if you don't miss us all the time—we don't. either. We don't have to experience every ounce of our happiness together, and we'd rather hear a more honest account of the fun time you had. There's nothing to hide anyway, right? RIGHT?!

6 "I JUST WANNA CUDDLE!

We see through it **because:** The second we start peacefully drifting off to sleep, your hand is already groping our boob. Every. Single. Time.

Why you get off the hook: You don't. Go to sleep.



6 EXCUSES WE **CAN SEE RIGHT** THROUGH

...And why you totally get away with them anyway.

Men. this should be pretty clear by now: Girls know things. We know when you're giving us a watered-down, pretzel-twist version of the truth, and we know when you're secretly rejoicing that you've sailed through the murky rivers of our suspicion and into the open arms of salvation. But that doesn't mean we'll call you out on your fresh, steaming pile of BS every single time—because who has the emotional energy for that, really? Consider it generosity, maturity, or Sisyphean patience on our part... or it could just be because we love your stinkin' guts. Still, it's best that we know that you know that we know you're feeding us an excuse.

Your Guide to the Male Brain mais to the Male Brain Through Commission of the



We'll take a guy who's got killer moves—even in the dark—anytime. On top of his extraordinary senses and good looks, he's a lawyer. Smart is the new pogi, right? Yes!

MATT MURDOCK

A.K.A. THE DAREDEVIL

the human-to-canine

transformation, though.

bedroom door! The

perfect lover? Yes!

"IT'S NOT LIKE WE'RE HOOKED ON DRUGS, YOU **KNOW. I REALLY DON'T** SEE ANYTHING WRONG WITH PASSING THE TIME WITH A GAME."

-CID. 28

"IT'S A STRESS-**RELIEVER, BELIEVE** IT OR NOT." -PAUL, 35

THE HARD TRUTH

GF VS COC

Feeling out of place? Like he's more into it than into you? Do you think he's addicted to it already? Here's why vou're not winning this battle...

WHILE SHE'S **BUSY SHOPPING** I COULD USE THE TIME TO ATTACK. -MACMAC, 24

CALL IT OUR

'ME-TIME.'

SIMPLE AS

THAT."

TO ASK YOU TO STOP **'GRAMMIN' AND SCROLLING THROUGH** FACEBOOK? NO? WE FIGURED."

DO YOU WANT US

-JOHN, 25

MAN SURVEY

We asked 700 men what they really think of the flower down under. Should you trim or keep things in full bloom?

SWALLOWING

THREESOME

PORNSTAR BOD

BOOTY CALLS

percent of our respondents prefer some lady-garden maintenance.

EXCESSIVE MOANING PROLONGED MANDINGO STIFFY

ORGY SUPERHUMAN ENDURANCE **INCEST** HOT PLUMBER OR **CUTE PIZZA GUY**

ROMANTIC FOREPLAY

REALITY CHECK

A diagram of what going to happen, and what he really wants

happens, what's not to happen inspired by porn.

(MAN-O-METER)

HE'S TOO OLD FOR THAT SHIT!

Are you dating a man or a man-child? His hobbies will help you find out.

HE'S THE MAN!

JOINING RECREATIONAL GROUPS Whether he's into advocacies or sports, this

MAINTAINING HIS CAR

You can tell he has a sense of responsibility when he takes care of the things he's worked hard for.

> BINGE-WATCHING **TV SERIES** Here's an

activity you can both get into!

shows that he's a

compassionate

team player.

PLAYING CONSOLE AND **MOBILE GAMES** Now that he has a job, he can finally afford all the games he wants to buy.

> WATCHING ENTERTAINMENT WRESTLING

It's the classic teleserye for men, er, boys.

PULLING ALL-NIGHTERS AT THE BAR

Nobody likes a beer belly.

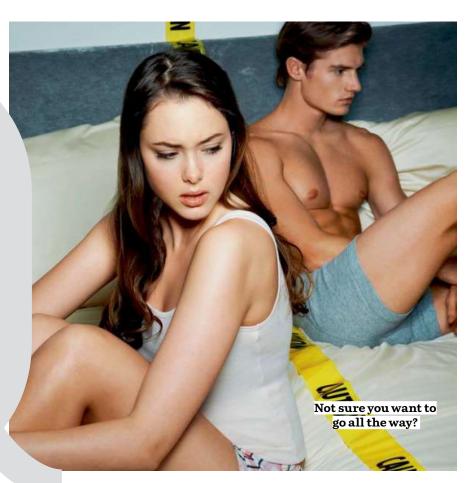
> **SPENDING HOURS IN** INTERNET CAFES

> > Run away, girl. RUN. AWAY.

SAY WHAT, KID?

ASK HIM ANYTHING

ADVICE FROM COSMO'S VERY OWN **GUY GURU**



Q I went home with a guy, and we started making out. He wanted to have sex, and when I didn't, he got frustrated and asked why I was even there. Does going home with a guy automatically mean he expects you to sleep with him?

A man should never "automatically" expect sex. Even if you're A man should hever addonated by standard and should help and s with guys and sex doesn't happen, they might get disappointed. Just tell him his hissy fit confirmed your decision—then GTFO.

Q I woke up in the middle of the night and heard my boyfriend masturbating on the other side of the bed. Couldn't he wait until morning or at least go into the bathroom? I'm offended—should l be?

A Your BF made a boneheaded decision with his boner, not his brain. But offensive? I think he was just lazy. Still, he needs to know it bothered you and turned you off. Tell him you get that he's going to masturbate but that he needs to take his self-love elsewhere next time. Or better yet, he should have the balls to ask you to play with his balls.

QI have a huge crush on this guy in my CrossFit group. He posts religious **Facebook statuses** quoting the Bible, while I'm not into organized religion at all. Are we doomed?

A Religion is a big part of some people's lives, so your lack of piousness might be a deal breaker for him and the reverse could be true for you. That said, the world is filled with couples whose chemistry trumps their religious differences. So take a chance and suggest post-workout protein shakes. Isn't CrossFit practically an organized religion anyway?

WWW.COSMO.PH

MAHALAGANG PAALALA: ANG ZEMAN SX AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.



With L-Optizinc, the more bioavailable "super zinc". And ZMA™ (Zinc Magnesium Aspartate), a synergy of zinc and magnesium.

Zeman SX softgel capsules contain MBP Complex™, which consists of ZMA™ (Zinc Magnesium Aspartate) Powder, Vitamin B6, L-Carnitine L-Tartrate, Nicotinamide, Selenium Methionine Complex, Vitamin B1, Vitamin B2, and Biotin.





That old saying says we're made of sugar, spice, and everything nice, but just like everything else, there's a darker side to Girl World.

It's a story that's been told too many times. A supposedly tightknit squad have a Girl's Night Out at a bar or a club and, lo and behold, end up meeting a couple of cute guys. Eye contact is made, smiles are exchanged, flirty conversations are kicked off, and numbers—or Instagram usernames— are given out. It all seems harmless enough, until it's discovered that the Girl Code has been broken.

Statements like, "She said she'd be my wingwoman, so I can't believe she's been so landi on his IG!" and "Grabe, doesn't she get that he came to see me? I just went to the bathroom and she suddenly has his number na," are made. Suddenly, Girl World, at least for this certain group of BFFs, is in shambles, and the participants are awoken to the fact that they're living in a world that's a little less Disney and a little more Mean Girls.

And that's just the tip of the iceberg. Finding out that the friend who's promised to keep an eye on your man at their shared workplace has been asking him out for dimlylit dinners, or that your chica has been making chika your ex of five years behind your back is an even harder punch in the gut to deal with if the code you operate on is more sisters-over-misters than dicks-over-chicks. What's the point, after all, of having that

WWW.COSMO.PH

"IT HAPPENS WHEN SOMEONE WANTS **SOMETHING YOU HAVE—ANYTHING FROM** THE ATTENTION AND AFFECTION OF A MAN TO PROFESSIONAL SUCCESS OR POSSESSIONS."

unwritten, unspoken, but (supposedly) universally practiced set of rules we call The Girl Code if we're going to be so cavalier about doing things that could spark an emotional version of World War III?

A GIRL THING?

What we tend to forget, however, is that even if we've pegged these events as displays of bad girlfriend behavior, they aren't just crimes against womanity—they're just examples of someone being a not-so-great person. "I wouldn't classify it as a girl thing or a guy thing," says counselor and coach Suzy Roxas (talktosuzyroxas.com). "It's human behavior. It happens across cultures, ages, gender." To define backstabbing, cheating, lying, and simperingly sweet fakeness as exclusively female behavior, then, would be unfair to both men and women because, given just the right reasons, we are all capable of these truly judgeworthy actions.

Still, even if the deep, nasty core of our humanity can rear its ugly headmost shamefully when the opposite sex is involved—not everyone goes around maliciously plotting and acting on their friends' emotional demise. So what could the catalyst be when we do?

More often than not, the reason is competition, plain and simple. "It happens when someone wants something you have," shares Roxas. "When someone wants something you have, they can behave in various ways to gain what belongs to you. It can be through healthy competition, while some may turn to underhanded tactics. Some may believe in winning at all

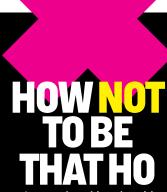
costs. Others believe competition should be within bounds. Everything is a personal choice," she adds, stating that reasons could be anything from the attention and affection of a man to professional success to possessions.

FREAKOUTS MAKE THINGS WORSE

Roxas goes on to say that what keeps us from turning into our group's Regina George is our personal value system. The strongest friendships and bonds are based on the belief that certain behaviors are considered good or bad, with those falling under the latter category not to be done.

So what's a girl to do when she realizes she's joined the Plastics? The solution might be harsh, but it does away with all the unnecessary drama no girl should have in her life. "Evaluate whether you really had a friendship," recommends Roxas. "If you feel you did or do have a genuine friendship, figure out if things unraveled because of different interpretations of events, whether you value things differently, or because of a simple misunderstanding. A sincere dialogue between two parties with the objective of understanding each other will bring better results than the goal of winning the argument."

While girl-on-girl crime, especially when it's done because of a man, can deeply damage a relationship, getting to the heart of the matter is as important as keeping your cool. If, after discussing things maturely, like the adults that you are, you feel that competition, tearing each other down, and hidden agendas are your group's MO, maybe it might be time to step away from the train wreck. At the end of the day, your girls should have your back, not stab you in it.



Are vou breaking the girl code? Here are a couple of things the greatest girlfriends know they should never, ever do because they're just, like, the rules of feminism:

DATE YOUR FRIEND'S EX. Just...don't.

GO AFTER A GUY YOUR GIRLFRIEND IS EYEING. No bro is that cute.

DITCH YOUR FRIENDS FOR A DUDE.

Would he ditch his boys for you? Didn't think so.

CHEAT WITH YOUR FRIEND'S MAN.

Do this and you are officially #theworst.

LIE. IN GENERAL.

Includes whether their guy is a creep, if they have lipstick on their teeth, or if the dress they bought doesn't fit.

PUT ANOTHER GIRL DOWN TO MAKE YOURSELF LOOK BETTER.

The truth will come out and it will make you look worse than when you started.

TAG BAD PICTURES. ON PURPOSE.

There's a special circle in Hell for people who do this.

In tech, the environment, social work, and disaster preparedness, helping make the world a more beautiful place makes these guys h-o-t.

BRYAN MCCLELLAND, 31

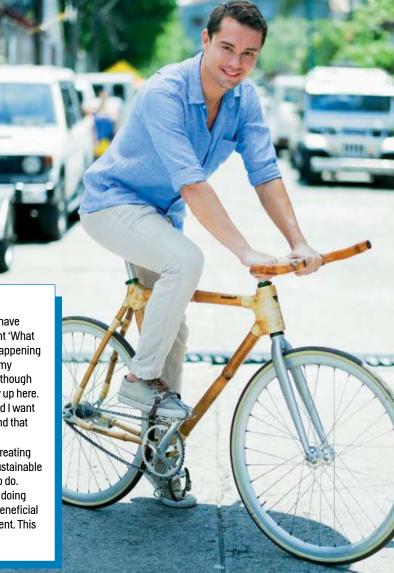
As founder of the social-ecological enterprise Bambike, Bryan has turned advocating environmental sustainability and social empowerment into an internationally-acclaimed business.

HOW I GOT STARTED "I wanted to create the greenest products on the planet and jobs for people who need them the most. Bambike needed to provide livelihood opportunities."

THE BIGGEST CHALLENGES "Being a solo founder was tough. There was a time when I had no peers, no one I could relate to or talk to about what was going on in my life or about figuring out how to make this business work."

WHAT KEEPS HIM GOING "There have been times when I've thought 'What am I doing?' All of this was happening while I was just discovering my Filipino-ness, because even though I'm half Filipino, I never grew up here. Now, I love being Filipino, and I want to make a 100% Filipino brand that really means something." THE GREATEST REWARDS "I felt creating jobs for the poor through a sustainable product was the right thing to do. I didn't want to make a living doing something I didn't feel was beneficial for society and the environment. This

doesn't feel like work."



JAMES ROMAN, 24

With 22 houses under his belt, Taguyod Bayan co-founder James equips the nation's poorest communities not just with houses, but also with the knowledge of how to deal when disaster strikes.

HOW I GOT STARTED "I helped found Taguyod Bayan after Yolanda because I felt disaster relief can be one-dimensional. I wanted to help create something sustainable, and I thought we could build something that would transcend the now, which is how we ended up building houses and creating disaster resiliency modules."

THE BIGGEST CHALLENGES "The bigger challenge lies in getting your message across while simplifying and intellectualizing it at the same time. People also just give money and think the obligation ends there. The challenge isn't starting; it's finishing your efforts."

WHAT KEEPS HIM GOING "I've been exposed to a lot of things in social work that were very far from the everyday things I'd experienced, and I just felt things were so unfair. I'd been so privileged and I'd see things I felt shouldn't be happening, and that made me feel ashamed about how I'd complain about the smallest things. I feel slightly responsible, and I know that even if I can't fix everything, I can at least try to help."

THE GREATEST REWARDS "Along the way, you'll meet people who are as passionate about making a change as you, and I'm very, very proud of the passion that's built Taguyod Bayan. I'm one of those privileged people who are working for what they believe in."

(TEXT) GABY (GNACIO [PHOTOS] MARK CHESTER ANG (ART DIRECTION) GRACE DE LUNA (GROOMING) EMAN DE LEON.



MAKES YOUR HAIR STRONGER + MORE RESILIENT

vs non-conditioning shampoo



NEW DOVE MEN + CARE SHAMPOO

[NOW IN THE PHILIPPINES]

Fun, Fearless Fellas

MICO CLAVANO, 24

As if law school weren't tough enough, this Dream Chasers.ph cofounder is sparking change in a new generation with the voluntourism start-up's unique melding of fun and philanthropy.

HOW I GOT STARTED "Dream Chasers is an organization that caters to young people who just want to help out. We felt that a lot of young people want to do their part but aren't given the right avenue, so we explored the concept of voluntourism—travelling while at the same time helping communities in different ways."

THE BIGGEST CHALLENGES "Awareness is the main one. There's that big misconception that voluntourism is a hassle, or a waste of time, but my team really believes that everyone has something to give, no matter how small that contribution might be."

WHAT KEEPS HIM GOING "My team and I believe that if you can change even one life in your own lifetime, that's something remarkable and you can be a blessing to other people. I don't understand how people can fail to see the value in being able to change the course of a life that's been doomed by circumstance, or situation, with your actions. The people in the communities, with their stories that I feel need to be told... they're inspiring."

THE GREATEST REWARDS "I've always volunteered, and every time I do it, I get a different feeling of satisfaction. It's the kind of feeling that makes me want to come back and do more. I've heard a lot about our generation, about how lazy we are, about how technologically dependent we are, and it's nice to just break that notion sometimes."



ALEX DE LEON, 28

After leaving a dream position at the tech giant's Mountain View office, this Googler is helping take on the daunting task of showing millions of Filipinos just what they can do with technology.

HOWI GOT STARTED "I've always been interested in technology. I wasn't really planning on coming back to the Philippines, but I heard they were starting a Google office in Manila while I was on vacation here, so I popped in. It was so different from what we had at Mountain View but what was so exciting for me was their goal to help bring the Philippines online. That was pretty inspiring for me."

IHE BIGGEST CHALLENGES "The challenge is knowing where to focus, because there's so much to do with all the potential here. We could continue to help students develop their skills which helps them find jobs, we could continue to do marketing campaigns to educate the Filipino consumer. There's a lot to do."

WHAT KEEPS HIM GOING "One of the things we really focus on is teaching Filipinos what they can do online. We've rolled out Google Person Finder here, which helped Filipinos connect with their loved ones during Yolanda, and we've also introduced Google Public Alerts. There's a lot people can do with the power of the Internet, and equipping people with the information they need to use technology is one of the things we do."

IHE GREATEST REWARDS "The dream I had when I came back was to help the Philippines become well-represented. Having an office here allows us to advocate for some of the issues and the needs that are relevant to the country. I think being such a small team in such a small office here has allowed us to see the fruits of our labor. People are using our technology to make a real difference in their lives."

5 WAYS TO MAKE ANY COSMO HUNK SWOON

Smile and Look Your Best

Who can pass up a winning smile? Not only does a smile make you look more approachable, but a positive attitude is also contagious! There's no better person to be around than someone who radiates a pleasant disposition, so don't be afraid to show off those pearly whites!

4 Be in Control of Your Life

While old movies might have promoted the idea of the "Damsel in Distress," in this day and age, there's nothing more appealing than a woman who knows what she wants and knows how to get it. Confidence is key—just don't overdo it.

Cook Him Up a Storm

You've dazzled him with charming conversation, now it's time to whet his appetite. There's nothing he'll appreciate more than something you've whipped up yourself, so show off your skills in the kitchen and prepare him a meal.

Our tip: Upgrade the ol' rice-andulam combo by throwing more adventurous flavors into your rice.



There's no need to take part in a charade guys like it more when you let your true personality shine through. Besides, if he sees you're comfortable in your own skin and are not trying to be someone else, he'll find you much more attractive!

Show Him You Like Him

A compliment or two can't hurt! It's not just girls who blush at praise. Tell him how you feel and compliment his actions or appearance—let your words show your positivity and sincerity.



Wow him with your skills in the kitchen, even if you don't cook often. McCormick Rice Cookers Recipe Mix is an easy way to upgrade your dishes by infusing your rice with Asian-inspired flavors. Made with all-natural ingredients and available in three variants (Hainanese Chicken Rice, Biryani Rice, and Nasi Lemak), McCormick Rice Cookers Recipe Mix will take any dish to the next level. All you need to do is add a packet of recipe mix while cooking your rice in your rice cooker, and you'll get the perfect complement to kebabs and steamed chicken!



COOL CAREER

VE YOURSELF A LEG UP

Spanx founder Sara Blakely knew she had a billion-dollar idea—it was the rest of the planet that doubted her. So how did she stay motivated to succeed?





what Dreams ARE MADE OF

Stop the hands of time and make your flawless white skin dreams come true with Kojie.san Dreamwhite anti-aging products.

The magic of Dreamwhite is in what it's made of — have a look at the active ingredients that work to help you achieve unmatched white skin:

ELASTIN

The key to supple, youthfullooking skin? Elastin. It's a support fiber in the body that allows skin to bounce back into place. As we age, these fibers are damaged, so skin begins to sag and stretch. The addition of Elastin in the Dreamwhite formula makes sure that your skin stays firm and full.

COLLAGEN

Collagen is a protein that helps "hold" our skin

together, and is in fact, abundant in the human body! An added boost of Collagen ensures an improvement in the overall texture and look of your skin: reducing fine lines and wrinkles, and making the face look smooth and firm.

KOJIC ACID

The power of anti-aging and whitening in these products

Kojic Acid is a by-product of malted rice that serves as a natural (and safe!) alternative to skin whitening. When applied topically from forehead to chin, the ingredient helps to combat excess melanin production (which causes skin darkening) and can lighten skin by several shades.

THE WHITE CHOICE

Achieve the skin of your dreams with Kojie.san's
Dreamwhite Face Cream Moisturizer and Dream
White Anti-Aging soap. Both products combine the
youth-generating properties of Elastin and Collagen
with the skin whitening benefits of Kojic Acid, giving
you noticeably brighter and younger looking skin.
Guess dreams really do come true!

The Regimen

Use Dreamwhite Anti-Aging Soap regularly for face and body. Then put ample amount of Dreamwhite Face Cream using your fingertips. Massage face in circular motion applying the formula on the forehead and skin around the eyes, nose and face.



Thought you knew all about how money, debt, and credit cards worked? This excerpt from Clarissa Seriña-De La Paz's I Wish They Taught Money in High School So I Don't Have to Rely On My Paycheck disproves long-held ideas about personal finance.

RIGHT NOW

Money Myth #1: **MONEY IS TABOO**

According to Napoleon Hill's account in his book Think and Grow Rich. the successful people he interviewed did not seem to mind talking about money. He wanted to uncover their secrets, and he was pleasantly surprised to find that they willingly obliged. Inspired by this, I started doing my own interviews. I asked

people I admire questions like how much their house cost and how much they spent on their latest vacation, and I noticed that they actually enjoyed sharing their undertakings and imparting their own tricks of the trade. It was like opening Pandora's Box, all because I broke the "money wall" that separated us. Avoiding the topic fosters a kind of fear of money, or puts it up on a pedestal far

from our reach; but we all know this isn't really the case. Money passes through our hands every day, so talking about it shouldn't be deemed sinister or offensive.

Money Myth #2: **DEBTIS BAD**

A lot of people think that all debt is bad. Some people react to this belief by staying away from credit cards and swearing off bank loans, and all other forms of loans, because these

there are good debts just as much as there are bad debts? When you borrow money to spend on liabilities (a.k.a. shopping or throwing parties), that is what we consider bad debt. Debt is good when, you guessed it, you use it to buy assets like mutual funds. stocks, or businesses.

People who are still not sold on the idea might grumble, "Well why not just invest your savings? Why incur debt at all?" These are very good questions, and while I encourage you to invest your savings as well, I enjoin you to open vour mind to the concept of leverage because the truth is, time is important. Instead of waiting for the end of the month, or quarter, or year, you can invest now. Hopefully,

I've defied this myth, because it usually comes hand in hand with other myths like "you need money to make money," and while that is still most certainly true, we can see that it doesn't necessarily need to be your money.

Money Myth #3: **CREDIT CARDS ARE EVIL**

A lot of people avoid credit cards thinking that it's the smart move to prevent shoppingrelated debts. I won't argue with that, especially for people who treat their plastic as an extension of their wallet, forgetting the fact that by swiping the card, it will still need to be paid for eventually. That aside, I have a smarter move to introduce: make credit cards your best friends. Know all the benefits and stretch them.

On top of the basic benefits like convenience and freebies, the more intriguing part of the lesson is learning how your credit cards can earn you money. Remember: redeem vour cash rebates, maximize instalment options for investment. and utilize the cash advance options as one of your sources of leverage. The only way to do so is by proving your credit standing first, so I want to emphasize the importance of paying your credit cards in full every month. Credit cards are not evil, but they are also not extra cash. Have a proper mindset and the discipline to avoid bad debt, because if you play it right, you can't ao wrona.



The Cosmo Girl's

Keep calm and carry on with these life-

Keep calm and saving tips.

Museum Wax.

Amazon.com.

₱250 for 2 oz or

₱477.50 for 13 oz



QUAKE-PROOF YOUR PAD

Most quake-related injuries aren't caused by buildings falling apart, but by bookshelves, cabinets and appliances toppling over. Discover your inner handywoman and secure vour space with these steps:

1BOLTYOUR BOOKSHELVES TO THE WALL using concrete screws or sleeve anchors and a hammer drill, available at any hardware store. Visit www.familyhandyman.com and look for its nifty guide to installing concrete screws.

2 PUT NON-SKID MATS UNDER YOUR BOOKS to prevent them from falling.

3 SMALL OBJECTS CAN BECOME DANGEROUS PROJECTILES WHEN THEY FLY FROM SHELVES.

Not willing to superglue your figurines and picture frames? Museum Wax will keep your things securely in

place, but you'll still be able to move them by slowly twisting and lifting. Order it via Amazon.com: A little goes a long way so share it with your friends and split the shipping fee.



5 CONSIDER SECURING YOUR TV WITH

AWALL MOUNT. Or, fix nylon straps to the back of the TV using the screws provided for wall mounts. Attach the other end to the back of the TV console using wood screws.

6 USE VELCRO WITH ADHESIVE ON THE BACK TO PREVENT LIGHTER ELECTRONICS LIKE COMPUTERS FROM FALLING.



survival gear

Keep a grab-and-go bag in your room, your car, and your office.

- Easy-open canned goods and water Emergency whistle and glow sticks
 - Flashlight, candles and matches
- First aid kit
- Toiletries (don't forget sanitary napkins!)
- Garbage bags
- Medicine
- ☐ Extra clothes and underwear
 - Important documents like birth certificates, passports, etc.



YOUR FAMILY WON'T BE IN THE SAME PLACE DURING THE BIG ONE. A PLACE TO MEET IN CASE COMMUNICATION LINES GO DOWN.



DON'T FORGET

1. IDENTIFICATION TAG, COLLAR AND LEASH 2. FOOD AND WATER 3. TOYS/COMFORT ITEMS

- · Pets aren't allowed at evacuation shelters, so you might want to get a crate for your furry friend.
- Read up on veterinary first aid at avma.org.



IN BED

Stay in bed and cover your head with a pillow. You're more likely to get cut by shattered glass if you get out of bed.

IN AN ELEVATOR

Press all the buttons and try to get out on the next floor.

ONTHETRAIN

- Remain calm and stay in the train.
- Don't try to get out until the train reaches the station you might get electrocuted if you walk on the tracks.

ONTHE ROAD

- Stay in the car and pull over with the hand brake on.
- Avoid steep slopes, buildings, trees, telephone poles, bridges and flyovers.
- However, if you're stuck in traffic on or underneath a flyover, stay in the car—you're still safer there.
- As soon as the shaking stops, get out of your car and walk to an open area. Remember to avoid tall structures since aftershocks could cause them to fall.

IN A ROOM WITH NO TABLE OR SHELTER

- Crouch next to an interior wall and cover your head and neck with your hands and arms.
- Stay away from glass, tall furniture, and hanging fixtures and exterior walls
- DON'T try to go outside!

ON A STAIRWELL

Crouch and protect your head and neck while clinging to the railing until the shaking stops.

who you gonna call

Red Cross 143

Philippine National Police 117 or 527-0000

MMDA 136

Bureau of Fire Protection 426-0219,

426-3012, 426-0246

NDRRMC 911-5061 to 65

ACIO, (LEAD PHOTO) SHAIRA LUNA, (INSTAGRAM PHOTOS), COURTESY OF SHAIRA LUNA'S INSTAGRAM. Y OF RESPECTIVE BRANDS, (SOUP) FLICKR, COM JONATHAN LIN.

THE SECRET TO BEING HAPPY

SHAIRA LUI

Best known as one of the country's most gifted young minds, this multi-talented 28-year-old photographer proves the value of an easygoing, laid-back attitude.

Happiness is...

SMILING FOR NO REASON

I have no explanation for it. It's just... Happiness. I'm generally a very happy person. Even when I was young, I was always just smiling. I wouldn't say I was a serious, brainy kid. I had a lot of extracurricular activities, and there was never any idle time to be lonely. The only thing I could do was be happy about what I was doing.

JUST BEING YOURSELF

Because I was always alone. I never really had someone to look up to. I was surrounded by story books, so I guess I got bits and pieces of every character I've read and just formed my own idea of a role model. My imagination just led me wherever. I've never really tried to be a certain kind of person, or go down a certain path. I tried that once, but obviously, things changed. I never really strive to be a certain way.

Vintage rules, even in her work









BECOMING THE BEST YOU CAN BE

I didn't start with fashion. I literally started by shooting everything, even stuff you wouldn't think I would shoot. I wasn't choosy, and I never thought 'I want to be this kind of photographer.' I didn't think I had the right to choose at that point, because I was still learning. I didn't even think to have a style, all I wanted to do was shoot and be better at it. I've always been independent, which my parents struggled to come to terms with. I was very sheltered, but I don't like being coddled, so even at home I don't like people doing stuff for me. I like doing and learning things on my own.

PICKING YOUR BATTLES

The challenge is that I'm not good with people but I meet new people every single day. Not all of them are nice or are genuine, or they take advantage because you're new. I'm glad I learned that early on, because now when I encounter people like that, I know how to deal with them. I just let things pass and would rather back away than fight. I like being





back at people.

FINDING SATISFACTION IN THE NOW

I don't have grand dreams of being super famous, or shooting famous people. I like where I am and where it brings me, and it doesn't have to bring me upwards. I'm happy where I am. I've been here a while and I just never felt the need to do something grand. I just want to keep doing this—shooting and not running out of things to shoot—for as long as I can, and that would make me super happy.

How Being Happy Keeps You Healthy

Studies have shown that happiness and positive thinking have positive physical effects, helping patients suffering from asthma, headaches, joint pain, ulcers and more heal faster.

> AS WRITTEN IN "MIND OVER MEDICINE SCIENTIFIC PROOF THAT YOU CAN HEAL YOURSELF" BY DR. LISSA RANKIN, M.D.



combined power of these sensational Ever Bilena lip products. Begin by outlining your lips with the Ever Bilena Lip Pencil and finish it off with swipes of Ever Bilena Matte Lipstick which

boasts of its wearable and dramatic colors.

PUREGOLD

2 Ask for thingsyou believe vou deserve. If you worked hard for that promotion. say so!

Learn to consider criticism as a slug to the chin and not a bullet through your chest. Sure it hurt, but you'll live. You're still here, aren't you?

SHRUG YOUR SHOULDERS AND SAY, "SIGE." THINGS CAN BE THAT EASY.

It's not just

a man's world.

He said he liked you, you said you liked him. Leave it at that—no need to overanalyze.

COSMO COMMANDMENTS

YOU SHOULD COP

When was the last time a dude asked you if his jeans made him look fat?

Yes, you can eat that huge-ass burger. Unladylike? F that.

Never feel guilty for being passionate about your goals or your interests. The things you love help make you who you are.

10

ACCEPT A COMPLIMENT WITHOUT EXCUSES. YES, YOU LOOK THAT GOOD.

Value your gym time. It's not just about fitting into that tiny LBD, it's about becoming fit AF.

9

MAHALAGANG PAALALA: ANG NORMAGUT AY HINDI GAMOT AT HINDI DAPAT GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.

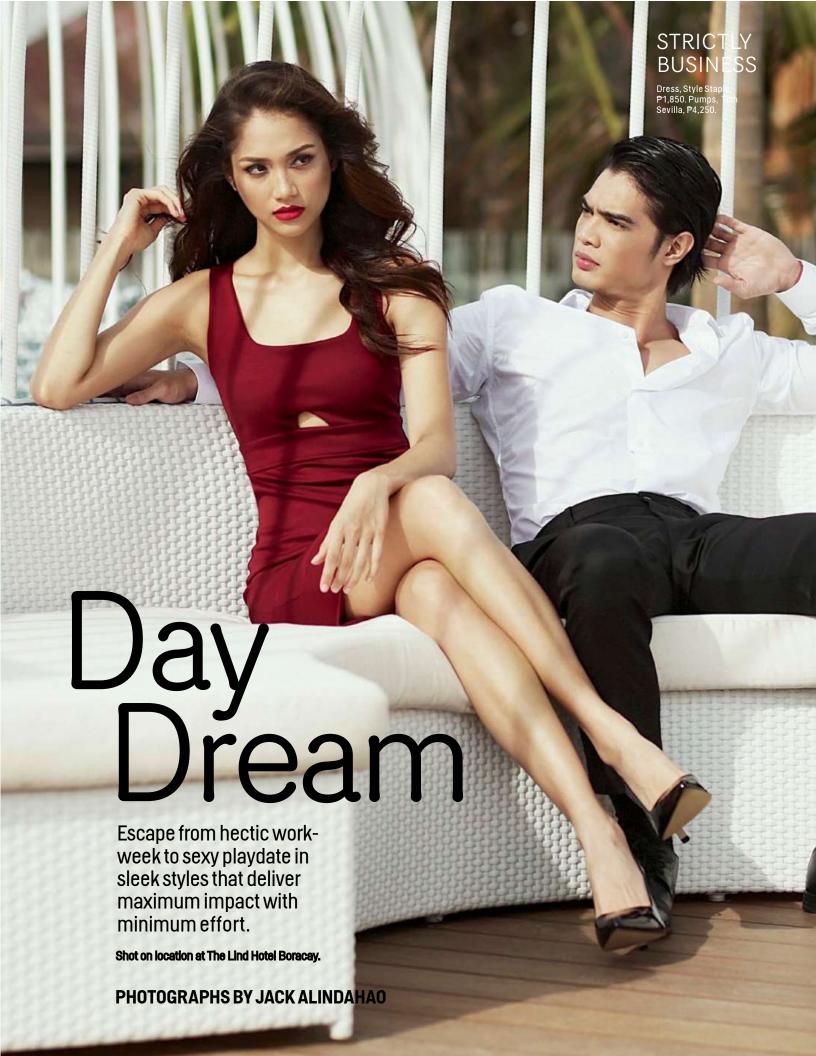




Hotline: 894-11-11 / Textline: 0917-827-4330































Get the Look NEWAGE BEAUTY

Modernize tried-and-true makeup to keep your look anything but mundane.





cheshire cat-eyes

Makeup artist Justine Del Rosario suggests using eyelid primer under eyes to prevent smudging. Using liquid liner, draw a line along lower lashes. At the outer corners of eyes, slightly extend wings up and outwards, so eyes appear lifted.

into the blue

For an ombré effect, swipe multiple coats of bold, electric blue mascara to tips of lashes only. Run a lash comb or spoolie through eyelashes to separate clumps. Del Rosario's tip: Apply a coat of lash primer to make blue mascara look extra vibrant.





BFCCA Strobe **Shimmering** Cream. Skin Perfector in Onal P1,950. P2.650 **Make Up For Ever Face Luminizer Gel** in Uplight, ₱1,950.

MAC LIP) JICO JOSON. (BECCA, MAKE UP FACTORY, MAYBELLINE) COURTESY OF RESPECTIVE BRANDS. 8. (NAILS) JESSAH FROM NAIL & CO. (STYLIST) ASH AQUINO. (MODEL) OLIVIA MEDINA OF IM AGENCY.

IUIE AGUINALDO. (THEFACESHOP, N JSING LYNELLE HAIR EXTENSIONS.

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(PH0T0S)

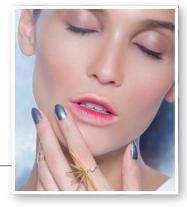


strobe light

Apply a shimmery liquid or cream-based highlighter onto the highest points of your face: cheekbones, the bridge of your nose, cupid's bow, chin, and just a touch on the center of your forehead (so skin doesn't look too shiny).

lip otm

Apply a thin layer of concealer onto lips. Pat a berry lipstick or lipstain on the center of your pucker, staying away from the perimeter of lips. Blend the color outward to create a gradient effect.





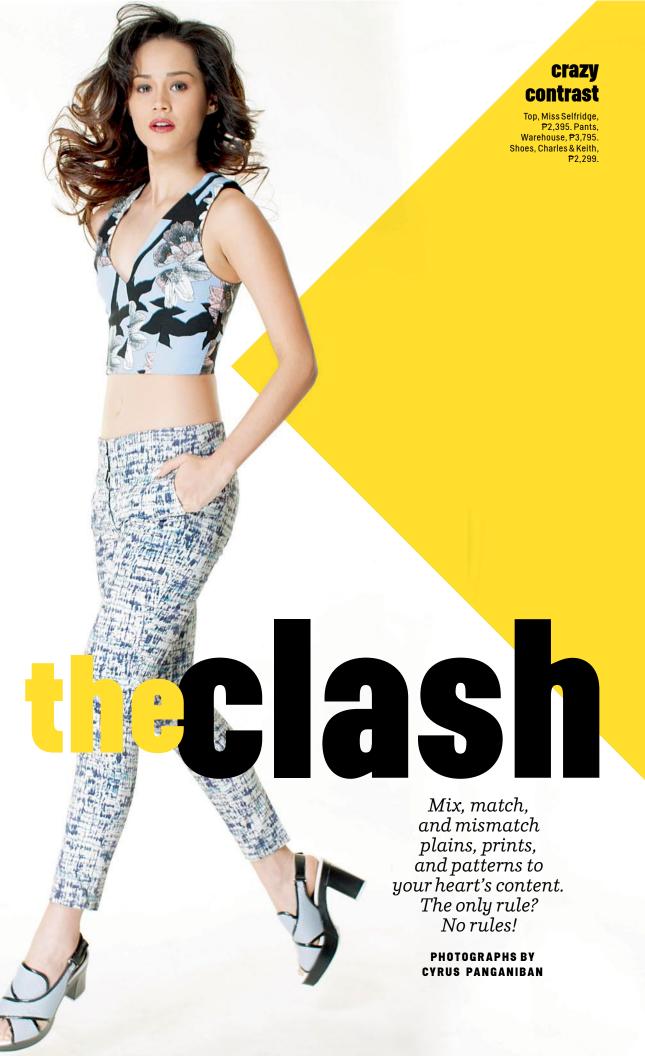


Black, P199



le smokina

It's important that dark circles are concealed for this look. Apply black liner to lower lash line and waterline. Smudge liner toward outer corner of eyes, rather than downward. Sweep black shadow along lower lash line and blend outward.





prints charming

Dress, ₱2,799, and jacket, ₱4,649, both Sfera.

cool combo

Top, Dorothy Perkins, P2,195. Pants, Sfera, P1,999.











fresh fusion

Top, H&M, P1,690. Shorts, Dorothy Perkins, P1,395. Shoes, Charles & Keith, P3,795.



Aloe Moisturization with Jergens

Make sure your skin's at its best no matter the weather with Jergens! Let your skin cool down with the Soothing Aloe Refreshing Moisturizer, enriched with the power of Aloe, Eucalyptus, and Cucumber extracts. You also get instantly refreshed skin with Hydralucence technology, which forms a continuous layer of moisture on the skin, keeping it hydrated for a luminous look!





Polish for Days with Caronia

Having a pro manicure isn't only about the color of your nails—it's about making sure your nails look their best for long too! You can have the perfect manicure in three easy steps with the Caronia Nail Care line! First use the Caronia Nail Hardener and Base Coat to protect your nails from stains and brittleness. After applying your favorite polish, use the Caronia Fast Dry Top Coat to seal it in and keep it in place! Add a dash of Caronia Kwik Dry for a smudge-free finish-this product is perfect for CGs who are always on-the-go!

Available in health and beauty shops, supermarkets, department stores, and drugstores nationwide.



Get Sexy with Reducin

There's more you can do to lose weight other than diet and exercise! Reducin (Anti-Obesity) contains 120mg of Orlistat, which helps you lose weight or lessens the likelihood of you gaining it all back. It also blocks the fat from the food you eat and keeps it from being absorbed by your body! To find out more about Reducin (Anti-Obesity) and how, when, and how often to consume it, visit www.fb.com/ATCreducin!

Available for only P29.50 per capsule at all Mercury Drug stores nationwide.



The Game Changer with Blackwater

Guys with active lifestyles often feel conscious about their smell, whether it's on or off the court. Rid your guy of this dilemma by gifting him with Blackwater Sports, a light body spray that offers four fresh and youthful scents! From light and fresh to strong and spicy, Blackwater has the perfect scent for every occasion. Bag these scents and get on your A-game!





Papaya Obsession with Silka

Make your skin say yes to anything with the new Silka Premium Whitening Lotion SPF30! Sĭlka's new

line focuses on the power of papaya while protecting you from the sun's UV rays. It comes in two variants, Orange Papaya with Milk and Honey and Green Papaya with Olive Oil, and ensures that your skin is protected, nourished, and moisturized.

Available in all major department stores and health and beauty stores nationwide.

Sulfate-Free Hair Care with Serene

Your hair needs to be cared for without being drowned in chemicals. The sulfate-free Serene R2 (Repair & Restore) Shampoo and Conditioner set is made specifically for extremely damaged



or over-processed hair, with ingredients like keratin, shea butter, and apricot oil that repair damage while reducing hair breakage and tangles, all while restoring hair's vitality!

Available in Landmark Department Store, Watsons, Robinsons Supermarket, Metro Gaisano outlets, and other leading department stores nationwide.

.....



A Flawless Finish with Revlon

Get picture perfect skin in a matter of seconds with the new Revlon PhotoReady Insta-Fix™ Makeup! Whether you're looking for full coverage, spot concealment, or a quick touch up, the silky smooth lightweight formula made with Light Filtering Technology gives the skin an airbrush finish, all while protecting the skin with broad spectrum SPF 20! It also comes in 9 high-resolution shades that are suited to Filipina skin. It also comes in stick form, so you have access to an instant skin retoucher anytime, anywhere!

Available in all major department stores and health and beauty stores nationwide.



(Back, L-R): Richard Hiñola, Mikaela Mandez, Ms. Mary Ann Legarda, Maru Zabarte. (Front, L-R): Mr. Benito Legarda, Ms. Josephine Canonizado, Ms. Mildred Moriscotes.

The Ultimate Search with KOKURYU

This year, KOKURYU is celebrating its 50th anniversary in the Philippines, and one of their main events is the search for the country's best makeup artist. The Philippine Make-Up Artist of the Year 2015 event was held last August 23, 2015, 1 PM at the SM Taytay Grand Event Center. Find out who among the 30 official contenders bagged the title!



THE PROS

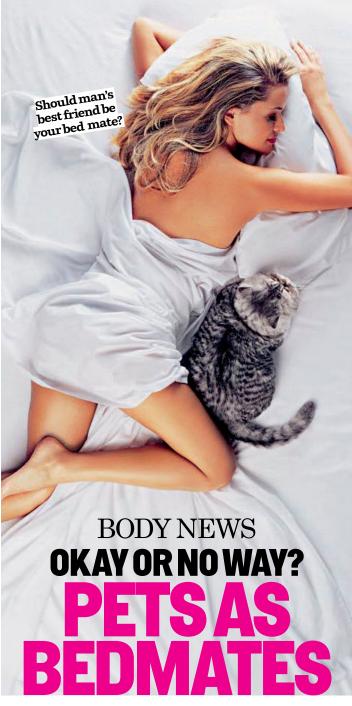
Pets lower blood pressure and calm nerves, helping you drift off. "Humans feel vulnerable when asleep. An animal can provide a sense of security," says Natalie Dautovich, PhD, of the National Sleep Foundation. Bonus for single girls: Cuddling a furry friend releases oxytocin, just like cuddling a partner does.

THE CONS

"When couples let a pet sleep between them, there's a physical barrier to sex," says sex therapist Kat Van Kirk, PhD. "Worse, some partners give the dog all their affection." When you're doing it (or you sleep sans underwear), your vulva is exposed to dander, dirt, hair, even fleas and ticks. Plus, pets can carry pollen, mold, and dust mites. Ew.

YOU DECIDE

Set on letting Fluffy curl up on the duvet? Get allergy shots if you need them, bathe him weekly, and minimize dusttrapping fabrics. Kicking Kitty out? Her separation anxiety (meowing! scratching!) may affect yoursleep quality. Instead, try putting pillows or blankets that smell like you on the floor.



We love our furry fellows—so much so that we can't help cuddling with them at night. They provide us with much-needed love and companionship, but are they bad for your hygiene (or your relationship)? Read on.

Call the Doctor Now:

Ovarian cysts are pretty common among women under 30, and 95 percent are benign. However, it's always better to be vigilant when it comes to your health. If you start experiencing the following symptoms, call your O.B. stat!

- 1. A sense of fullness in your abdomen
- 2. Swelling and/or a sudden sharp pain in your lower abdomen
- 3. Severe abdominal pain with fever, nausea, and vomiting
- 4. Pain while having sex
- 5. Painful, irregular, or delayed periods

SOURCE: COSMOPOLITAN HAPPY, HEALTHY, AND SEXY

Q Is it bad for me if my guy doesn't go to the doctor at all?

A It could be. Even if one partner is screened for STIs, it doesn't guarantee that the other person doesn't have anything. Let him know that protecting his health and yours is as simple as going to his primary-care physician and getting a blood test for STIs and a urine test for chlamydia and gonorrhea—nothing painful!

Q I used to have an eating disorder, but I've recovered. Can that still affect my fertility?

A Being severely underweight or overweight can cause irregular periods, and a weight below a certain threshold for your height may stop menstruation completely. But if you're a healthy size now and your period is back, don't worry—there's no permanent effect on your ability to get pregnant.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

IT'S COFFEE-0'CLOCK

Need your A.M. latte before vou can function? Force yourself to wait. A study from the University of Health Sciences in Maryland shows the best time to drink coffee is when cortisol levels are low. an hour or so after you wake up. This hormone controls the body clock and promotes alertness, so having coffee when cortisol levels are high cancels out caffeine's effects. Kill the time by working out!

DANIELLEMCNALLY, TRISHA BAUTISTA, PHOTOSIJAMAIN) KARINE BASILIO. (COFFEE)JAMES WESTMAN/STUDIO D. PHONE) STOCKBYTE/JGETTY, (GREEN PHONE) NIKOLAI SOROKIN/FOTOLIA.

IFYOU HAVE STRAWBERRIES...

BERRIES AND

Quarter 4 cups strawberries (discard stems). Mixwith 2 table spoons coconutsugarand 2 teaspoons lemon iuice. Let sit for 30 minutes. In a cold bowl, beat 2 cans chilled coconut cream, 1 tablespoon honey, and 1 teaspoon vanilla extract on high until stiff peaks form, about 5 minutes. Dollop on berries; add slicedalmonds



IFYOU HAVE APPLES...

GRILLED APPLES

IFYOU HAVE

BANANAS...

champagne, 2

bananas.

Mix1/2 teaspoon cinnamon and 2 tablespoons coconut sugar; set aside. Cut 4 apples in half along seam, removing pit. Brush cut sides with olive oil. Cook, cut side down, on a hot grill about 2 to 3 minutes. Brush tops with oil, flip, and move to side. Sprinkle with cinnamon sugar. Cover; cook until sugar is melted and fruit is tender, about 5 to 10 minutes. Top with yogurt and granola.

*Alsoworks with peaches

What do cookies, power bars, and cereals have in common? It's good old oats! This grain found in most supermarketsis often overlooked in the realm of "healthy" eating, but oats are packed with vitamins, have more protein than any other grain, and are bursting with fiber, which helps eliminate cholesterol from your body. No wonder it's considered a superfood! Get your daily dose of oats post-sweat sesh from Chill Oats, which you can get at all Gold's Gym branches, Plana Forma Branches, or delivered straight



CAN SEX HELP YOU EAT LESS? Getting busy may stave off a binge later. In a new study, participants with oxytocin—the love hormone—in their body ate on average 122 fewer calories at their next meal than those without. (They took oxytocin or a placebo via nasal spray.) "Oxytocin affects the parts of the brain that regulate food intake," says study author Elizabeth A. Lawson, MD. It may have the same appetite-reducing effects post-coitus, although more research is needed. Volunteers? - B. G.



FITNESS BUZZ

GROWN-UP **PLAYGROUNDS**

Outdoor cardio is easy, but what about strength sessions? FYI: Jungle gyms, monkey bars, and slides make perfect gym equipment. Turn your village park into a gym with these moves from Lacey Stone, trainer to Amanda Seyfried and Kelly Osbourne.

Work Your Booty on a Slide

Sit on the bottom edge of the slide, facing out, legs extended. Lean back, and lift legs so they are parallel to the ground. Kick left leg up a few inches, then right leg up a few inches. Continue. alternating legs for 30 seconds. Do 3 sets.

Work Your Legs on the Stairs

Starting at the bottom of a staircase, step right foot up two steps, bending right knee to lunge. Straighten up, then bring left foot to meet the right. Continue, alternating sides, to top, then run down. Do 5 sets.

Work Your Arms on a Rock

Stand facing away from a two-feet tall rock. Squat, and place hands on rock behind you, arms straight and fingertips facing body. Bend elbows, lowering butt toward around. Do 3 sets of 12 reps.

HOT NEW PLACES to Get Hot and Healthy





L!FE

No more Namaste in bed: We've found a new home for Yoginis, L!FE (@life.voga) is a bright new studio in the heart of the city serving up movement, food, and music perfect for finding your center. Take an early a.m. class and grab a healthy bite at Vibe Café for an energizing morning.

ELECTRIC STUDIO

There's a reason why indoor cycling is such a hit with Hollywood A-listers. Studies show that a spinning class gets your heart rate up to 80 percent, which is the optimum level for burning fat. Head to Electric Studio (electricstudio.ph), Manila's first indoor cycling boutique for an upbeat sweat sesh.

SPARTA

If the thought of a treadmill bores you to tears, hit the field instead. Studies show that football players can travel eight to 12 km a game, and your muscles are engaged for longer due to the constant movement. Check out the newest turf in the metro (plus enroll in workshops and beginner leagues) at SPARTA.ph.



Percentage more calories burned, on average. running outside versus running on a treadmill.

WWW.COSMO.PH

SOURCE: JOURNAL OF SPORTS SCIENCES



During treatment for a rare liver cancer, US Cosmo beauty editor Deanna Pai just wanted life to go back to normal. Now that she's healthy, she's not even sure what that means.

The other week, my boyfriend,

Tim, and I were running (very slowly) when my foot caught on a notch in the pavement. I face-planted. Then I burst into tears and declared, between sobs, "I cannot do this." I'd tried so hard to be normal, but my body wouldn't let me. Instead of rising to the occasion, it kept screwing up-even something so deceptively simple as staying upright. Three weeks after my last chemo treatment, I'd finally cracked.

You'd think I'd be happy. I've gotten off easy—again. Two years ago, I had surgery to remove a rare form of liver cancer. Late last year, it came back. I had four rounds of chemo, then surgery, then two more rounds of chemo. and after that, the most underwhelming $appointment\,ever.\, ``The$ scans look good," my doctor told me. "See you in three months." I felt relieved but also confused. His easy goodbye was anticlimactic after

all the needles, MRIs, consults, and followups. This is it? I'm still alive, and no one at the hospital thought to order me an ice cream cake? (Although if I'd received a cake, I'd probably have destroyed it with a spatula while yelling, "You think this makes up for cancer?!")

My friends want to celebrate, and it's easier to go along than admit I'd rather sulk on my couch alone. I thought I'd be eager to guzzle gin and tonics in a crowd of other 20-somethings, but the normalcy I longed for during chemo doesn't exist. Instead of getting back to where I was, I'm somewhere entirely different.

Being alive is a luxury, and I'm grateful that I'm not halfway to hospice. So bitching feels like a faux pas. I should live every day like it's my last, shrieking "Carpe diem!" and dancing like no one is watching. But it's hard to be enthusiastic when the long-term side effects of chemo are only just emerging in full force. Yes! You survived cancer! Here is your prize: feet you can't feel (a result of nerve damage) and permanent partial hearing loss! It's like being the first to reach the finish line, but after you burst through the "congrats" banner, there's a fire-breathing dragon waiting to barbecue you.

I've crawled all the way up

Cancer Mountain just to find myself staring down the edge of a cliff. What to do now with this third shot at life? Should I deny that it happened and go back to my pre-cancer



crappiness of cancer in the April 2015 issue of US Cosmo.

routine of breakfast-workcanceling plans-dinner-Netflix-sleep? Quit my job to travel and make an attempt at a more meaningful life? What if I do do something new and exciting only to find myself in Japan, streaming Friends from my bed? I have a pressing sense of urgency to go, to go now, to do something before a fresh batch of cells stages another coup. But I'm paralyzed by the fear of making a rash decision...plus the pressure to make this count plus survivor's guilt plus the memory of the absolute shit show that has been the past six months. I am still sad and angry, and like cancer, there's no easy cure for that.

Life goes on. I get out of bed. I wrangle my numb feet into sandals. I go to work. I rush to get home in time for Jeopardy. On Saturday mornings, I wake up Tim early so we can meet my Cancer to 5K running group in Central Park. It's the closest I get to going to a support group. Instead of sitting around talking about our feelings, we run. I was the lone bald girl at the first practice. When I arrive a few weeks later with a fresh dusting of follicles, a few other survivors surround me and marvel at it.

"Did all of you lose your hair too?" I ask. They nod. "It looks cute now," says Meta, a woman with a slight accent and a gray pixie. I think she had breast cancer, but she doesn't mention it and I don't ask. "But wait until it grows in curly." Others chime in: "Mine came in like a Brillo pad." "This is after four years of growing it." We grumble as we drop our bags and begin our pre-run stretches.

Plastered in pollen and surrounded by people with various strains and stages of cancer, I feel less lost. It's a step forward. We just runand try to figure out what we're doing along the way.

WORKOUT

YOU'VE GOT

Why is competitive a dirty word? Pushing yourself to be better is how you improve—in fitness and in life. These routines from the U.S. Women's Soccer Team help you embrace your inner athlete. #Winning



BUTT BUSTER Lie faceup on the ground with arms at sides, knees bent, and

feet flat. Lift hips so that knees, hips, and shoulders are aligned in bridge position [A]. Lower. That's one rep; do 15. Rest 30 seconds, then lift hips and raise left leg to tabletop position [B], lower leg, and repeat on opposite side. That's one rep; do 15. Rest, then lift hips and raise left leg again. Hold it as you pulse hips up for 15 seconds. Lower leg; repeat on opposite side.

START STRONG Do bridges at the top of your workout to activate all muscles—lower back, abs, and glutes.



SPEED DEMON SQUATS

Stand with feet shoulder-width apart, arms in front of chest. Shift hips back, bending knees until thighs are parallel to ground. Return to start. That's one rep. Do 15 reps in 15 seconds. Rest 30 seconds. Next set, aim for 20 reps in 20 seconds, then 25 in 25. PREP PERSONALLY Pack your gym

bag with items that motivate you, no matter how seemingly silly. If you look good, then you feel good and play good.







Challenge your best competitoryourself!

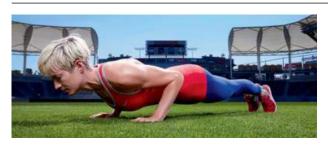
JUMP AROUND

Start in high-plank position with wrists under chest, body aligned from head to heels. Bend elbows straight back, lowering body until it hovers above ground. Pause, then straighten arms. That's one rep. Do as many reps as possible without breaking form. Rest one minute, then repeat twice more, trying to do more reps each set.

ATTACK FROM EVERY ANGLE Once side-to-side is simple—change it up by jumping slightly forward or backward (aim for a 45-degree angle) for an even bigger agility boost.







YOGI PUSH-UPS

Start in high-plank position with wrists under chest, body aligned from head to heels. Bend elbows straight back, lowering body until it hovers above ground. Pause, then straighten arms. That's one rep. Do as many reps as possible without breaking form. Rest one minute, then repeat twice more, trying to do more reps each set.

TRUE TO FORM Don't waste time doing exercises incorrectly. Push-ups are a real bangfor-your-buck move if you do them with proper technique. If your elbows are way out or your wrists are super far apart, you're doing a bunch of push-ups for nothing.

ALL YOUR FAVORITE READS IN ONE PLACE.

36th Manila International Book Fair

Booth Nos. 384-391 • SMX Convention Center September 16-20, 2015 • 10am to 8pm



Meet your favorite authors • Win exciting freebies • Get great discounts Visit **f** facebook.com/SummitBooks for the book signing schedule.



Vita - E (d-Alpha-Tocopherol) is a fat soluble vitamin with potent antioxidant properties that has the ability to prevent damage on our body caused by free radicals. If you find yourself lacking in Vitamin E, free radicals can enter your body through several factors like smoking, too much exposure to sunlight, alcohol consumption or exposure to heavy metals like lead and mercury. Free radical is an uncharged molecule that attacks and robs energy from any healthy cells, which then develops to oxidative stress and can lead to diseases like diabetes, arthritis, skin disorders, and hepatitis. Vita - E (d-Alpha-Tocopherol) protects the cell membranes, delaying or even preventing diseases associated with aging, protecting your skin from unwanted wrinkles and making you look youthful as For an effortless beauty, Vita - E (d-Alpha-Tocopherol) is recommended to be taken one to two capsules every day before or after meal, preferably with warm water or as prescribed by your physician. Join the Vita - E promo to win cash prizes and ATC gift packs. Like us on Facebook for more information. www.facebook.com/ATCVitaE Source: Available upon request. Go & for Effortless



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ENCHANTED KINGDOM

(enchantedkingdom.ph) Grab your pals for a weekend trip down to Sta. Rosa. Laguna as you revisit the classic rides Anchors Away and Log Jam . Now on its 20th year, this magical spot a short drive from the city is just as you remembered it, with a little something new thrown in. Never conquered the Space Shuttle? Now's the time to vindicate your kiddie self and give it a go!

SKY RANCH

(facebook.com/ SkyRanchTagaytay) Head for the windy ridge of Tagaytay and go for a spin on the popular (and so romantic) Sky Eye with the BF, or grab an adrenalin rush on the zip line. You'll thank yourself for the chance to enjoy the sun and wind away from the city.



LAZERMAXX

(facebook.com/LazerMaxxPH) Pull a Ted-and-Barney and head to this game area for a weekend. The rush you'll get blasting away all your negativity and stress is just as good as a round of retail therapy. It's going to be legend-(wait for it!)-ary.

WWW.COSMO.PH

If there's one thing you should...

VISIT

PADI'S POINT ANTIPOLO

If you're sick of the urban jungle and the super clubs of Manila (smoky bars and expensive drinks do take their toll on your health and wallet), head to the hills of Antipolo for a night overlooking the big city's bright lights. Invite the barkada up to Padi's Point in Antipolo (padispoint.com/branches) for a catch-up session over beer and classic pulutan.



STARMOBILE

Starmobile Knight Vision, (P9,990)

Whether you're a tech junkie or a n00b, you'll love Starmobile's line of digital TV phones. Since you're always on the go, this super user-friendly phone can accommodate

two SIMs, and has 64 GB of memory perfect for getting your daily TV fix as you while away hours on your commute. The best part? It won't cost you an arm and a leg.



WATCH

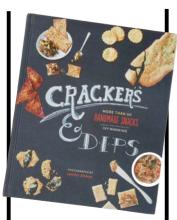
PHILIPPINES VS UZBEKISTAN

TICKETWORLD.COM.PH

September 8, Philippine Sports Stadium

The country's premier football team is stronger than evercatch our fast-progressing (and hot!) home squad battle it out against and try to best countries like South Korea, Japan, Australia, and the Middle East, for a spot in the World Cup Semifinals. Plan a short roadtrip with your guy pals to watch one of the most exciting sporting events of the year.





READ

CRACKERS: MORETHAN 50 HANDMADE SNACKS

We know that the way to a man's heart is through his stomach, but does he know it's the same for the ladies, too? Get your man this guide to easy finger foods as a little hint that a degree of domestication is a non-negotiable.

LISTENTO HOW BIG, HOW BLUE, **HOW BEAUTIFUL**



Florence Welch (with her back-up Machine in tow) is back in this stunning throwback to her signature art-pop vocals against a blend of lush strings and a passionate rock band.



TRAVEL

BUCKET LIST: TURKEY

For a journey like no other, you must take a trip to this enchanting, exotic land of ornate architecture, beautiful people, and rich cultural history.

Indulge all your senses and enjoy the artistic, historical, and culinary wonders of a country that dates back to the beginning of civilization. Thanks to the expanded air services agreement between the Philippines and Turkey, it's never been so easy to get to the other side of the world.



Istanbul

Also known as the city that lies between Asia and Europe, Istanbul has the best of both worlds. The historical sites, wellpreserved architecture and landscapes, and vibrant nightlife will give you an experience you won't forget.

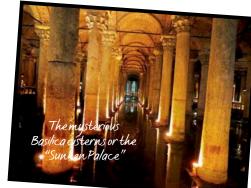
Don't miss: The iconic Hagia Sofia, the Church of Divine Wisdom. Although you're not allowed to take photos, its stately grandeur has captured the hearts of people for hundreds of years. Live the life of the sultans as you roam around the Topkapi Palace, decorated with hundreds of elegant prints and patterns. Be mesmerized by the intricate ceilings and cascading domes of the Blue Mosque.

Cappadocia

No matter how long or short your trip to-Turkey is, you cannot skip the world famous hot-air balloon capital in central Anatolia. Prepare for a breathtaking experience—you'll see hundreds of colorful balloons flying across a breathtaking



Experiencing Cappadocia IRL: Incomparable





landscape of unique rock formations through canyons and volcanic mountains. **Don't miss:** an ATV tour ride to appreciate the "fairy chimneys" and other natural wonders in the area, such as the Rose and Güvercinlik (Pigeon) Vallevs. Explore the Göreme Open Air Museum, underground cities, and monasteries carved in rock. But first off, begin your Cappadocia adventure by staying in one of the cave hotels the region is known for.

Pamukkale-Hierapolis Head to **Denizli** in the the southwestern corner of the Anatolian Peninsula and visit these UNESCO World Heritage sites: Pamukkale or "Cotton" /ce castles Castle," inspired by the calcite at Pamukkalo deposits from the hot springs that form the travertine. Hierapolis or the "Sacred City," dating back to Ancient Rome and home to iconic structures such as the Frontinus Road, Agora, the Byzantine Gates, and the ancient Gymnasium. Colorful handcrafted lamps at the Grand Bazaar



Bargain at the Grand Bazaar

Explore endless rows of colorful stalls overflowing with jewelry, carpets, ceramics, antiques, and spices, as you wander through one of the largest and oldest covered markets in the world. Be amused (or not!) by vendors' over-the-top spiels to get your attention (i.e., "Hey beautiful lady, you dropped something... my precious heart!"); but don't let them suppress the bargain babe in you so you can score the best deals.

Bask and Bathe

coffee, of course.

MUST-EXPERIENCE

Because Turkey is such a

amazing in its diversity.

Don't leave without trying

Köfte, Manti, Baklava, Meze,

Dolma, Kebap, Mozaik Pasta, Doner, Künefe, Balik Ekmek,

civilizations, its cuisine has

melting pot of so many ancient

devloped into a food culture that is

these local delicacies: Menemen,

Salep, and their famous Turkish

Feast on Food

The **Turkish Bath**, better known as **Hammam**, is a popular tradition that has survived the Hellenic and Roman times: Get every nook and cranny of your body scrubbed, buffed, exfoliated, and bathed to remove all the dead and dirty skin you might have acquired on this journey.

TIPS FOR TURKE

GET A TURKISH VISA. Apply for the Turkish online visa at evisa.gov.tr. You'll need the usual documents, a passport, and a couple of visits to the embassy. But if you already have an active Schengen Visa or any valid Visa for the US, Japan, or Korea, you can get one in a few clicks from the same website.

DRESS CODE Bring a long skirt or a scarf if you want to visit certain holy places such as religious places and mosques as a sign of respect.

ACCOMMODATIONS Choose from numerous listings based on your preferred neighborhood, interiors, and budget. Airbnb.com is a good source, but make sure to thoroughly evaluate reviews.

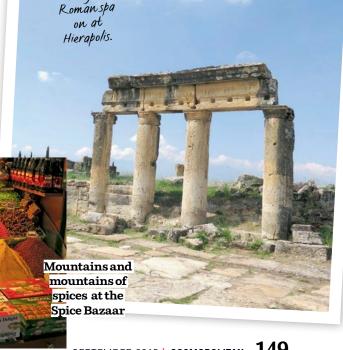
OFFLINE GOOGLE MAPS Getting a local SIM card here is pretty pricey, so firm up your itinerary by saving all your target locations on Google maps for offline use.

MUSEUM PASSES Get a museum card worth 85 Turkish Lira, which you can buy at most major hotels and museums. This entitles you to visit a long list of museums and historical places for free, skip the gueues, and get discounts in museum gift shops and cafés.

CHECK SCHEDULES Check which days and hours sites are open before you visit—many areas allow only short visiting hours so make sure to grab your breakfast and start your day early.

TAKE A BUS Booking flights can be more expensive and more complicated (dealing with overweight baggage issues for domestic flights is a major headache) than taking overnight buses, which are safe, comfortable, and affordable. Plus, you can even save money for lodging and shopping!

Getyour



AT YOUR PLACE

DECORATING TIPS FROM A COSMO GIRL Laureen Uy

We're not surprised that the condo of one of Cosmo's favorite fashion and travel bloggers is just as cool and quirky as she is!



"Not all your decor needs to be expensive. No one will notice if you mix and match both affordable and designer finds."



Accessorize your room. Laureen is a selfconfessed maximalist who believes there is a place for even the smallest items she buys, but she often mixes it all up to keep things fresh. "I move the location of my accessories every month so I won't get tired of seeing them in the same place." To make her home feel more lived-in and less like a department store. Laureen keeps books and frames scattered around.





Make your space an extension of your closet. When guests come over to Laureen's house, they always say that the interiors reflect her fashion sense, which is eclectic and experimental. "Find your personality when you decorate your home. Always try to imagine if you can picture yourself living in it. Research to see what style you want, and if you connect with something, that's how you know it's the style for you. Then, just work from there."





An ottoman or a chair near your closet is an added surface on which to drape tomorrow's OOTD, and handy when putting your heels on!

Go vintage. Laureen makes a case for reusing old furniture. "Make it work with your design by changing the color or finish. Don't buy everything new! But if you do, ask the furniture supplier to alter it to fit your personality."



WHIP IT UP MMMANWICHES!

What do men really want? Substance+sustenance, a.k.a. meat between bread. Mister Delicious recommends these meaty ideas.



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BEAUTY
Art Deco shop.beautybar.com.ph Balenciaga

rustans-thebeautysource.com Becca Adora at Greenbelt 5 Benefit facebook.com/ benefitcosmeticsphilippines Body Shop thebodyshop.com.ph Burt's Bees shop.beautybar.com.ph Covergirl At major department stores Charles and Keith charleskeith.com Clinique clinique.com.ph Dolce & Gabbana

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Estée Lauder

rustans-thebeautysource.com Etude House etudehouse.ph Ever Bilena everbilena.com.ph The Face Shop facebook.com/ thefaceshopPhilippines Holika Holika At SM Department stores

Issey Miyake

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Juice Beauty shop.beautybar.com.ph Kiehl's

facebook.com/KiehlsPhilippines L'Occitane

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Lush facebook.com/lushphilippines MAC maccosmetics.com.ph Makeup Factory At SM department

Make Up For Ever makeupforever.com.ph

Marc Jacobs

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Max Factor At major department

Maybelline At major department stores

Michael Kors

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FASHION

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Promod promod.com River Island riverisland.com Sfera sfera.eu

Shoes by Tish Sevilla instagram.com/21tish

SM Départment Store (Parisian, What Women Want) thesmstore.com **Sunnies Studios**

facebook.com/SunniesStudios

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LIFESTYLE

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Nine West ninewest.com Penshoppe penshoppe.com **Pottery Barn Teens**

facebook.com/PotteryBarnPH The Body Shop thebodyshop.com.ph The Little Spatula @thelittlespatula TWG

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Oroscole GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN SEPTEMBER.

BY AURORA TOWER @Aurora Astro



VIRGO 08.23—09.22

STELLAR GIFTS Keenly observant and sensitive to your environment. you can fit in anywhere, anytime.

BLIND SPOTS Your thirst for perfection can sometimes make others feel like they'll never measure up.

FASHION FAVES High-low clothing and accessories that ride the line between edgy and classic.

INDULGENCE An overseas adventure where you can totally unplug and unwind.

SEDUCTION STYLE The gueen of subtle flirtation, you bond with your crush over shared interests. Then once they're in deep, fully deliver on all those unspoken promises.

YOUR MONTH With two eclipses on the horizon, it's a big month for you, Virgo! When Venus comes out of retrograde on September 6th, you'll gain clarity about a personal matter that has confused the heck out of you all summer. A solar eclipse in your sign one week later on the 13th will leave you feeling even more prepared to start a new chapter in your life—just in time for a financial upswing after the 23rd. Go all in on a big dream!

YOUR YEAR Your focus has been razor sharp in 2015, and vou've figured out exactly what you want. Playing by the rules at work has always been beneficial for you, but now is the time to push your creative impulses to the max. Don't be afraid to stand out—and that goes for romance too! December and February are shaping up to be unseasonably steamy...Plan an adventure where you can really let loose, then channel that energy back into the office.

YOUR NEED To prepare for big changes and a bright future.



LIBRA

09.23 - 10.22

Your ruler, alluring Venus, finally goes direct on the 6th, and the Sun will move into your sign on the 23rd. Make a lasting change with someone or something important when the lunar eclipse falls in your zone of relationships on the 27th. YOU NEED: To be direct and go after what you want! THE LIBRA GUY: Help him through major life changes by being your warm, sensible self. He'll never forget it.



SCORPIO

move may have left you frazzled. Clarity's ahead after the 5th, when the Sun forms a perfect trine to your ruler, powerful Pluto. Stay cool if you butt heads with a friend on the 25th. YOU NEED: To keep an eye on your cash flow. THE SCORPIO GUY: Work has made him less attentive than usual. When the coast clears around the 13th, show him what it really

Silver Delicate Earring Set, Parfois, P290.

Punchdrunk Panda,

₱2495.

Wallet, **H&M**, ₱1190.

means to be tied up.



A passionate pair, you're Duffle Bag,

> people who bring out the best in each other.

deeply private, sexual

WWW.COSMO.PH

PHOTOS)(GIL) BJ PASCUAL. (STILLS) COURTESY OF RESPECTIVE BRANDS



SAGITTARIUS

11.22-12.21

The New Moon solar eclipse in your career zone on the 13th will introduce exciting opportunities for growth that complement your new goals. When practical Saturn moves into vour sian on the 17th. you'll know what to focus on.

YOU NEED: To balance your natural optimism with realism.

THE SAGITTARIUS GUY: He's way into surprises now. Send him on a scavenger hunt to your most stimulating regions.

Alice in Wonderland Notebook, Moleskine, ₱1160



ARIES

03.21-04.20

You'll be at the top of your game around the 1st, when your ruler, gogetter Mars, unites with harmonious Venus. After the 23rd, your attention will shift to friends, family, and lovahs. The Full Moon lunar eclipse in your sign on the 27th will be a magical night. YOUNEED: To eat well and stay energized. THE ARIES GUY: He's juggling new responsibilities. Lessen his load by initiating more of the action.

Plastic mug, H&M, ₱399.



CAPRICORN

12.22-01.19

Who says gold stars are for grade schoolers? On the 9th, glittering praise from higher-ups may cement your celestial status. Make sure your online presence is up to snuff when a second wave of attention hits on the 25th.

YOUNEED: A blog, Tumbir, or Instaupgrade. THE CAPRICORN GUY: He's pining for a getaway with just you. Scourthe interweb's deals and pack light—you won't need much clothina.

Wireless Bluetooth Camera Remote, iGlow Fashion PH,

> SCENTED CANDO Parilla



AQUARIUS

01.20 - 02.18

A financial breakthrough you're seeking may arrive! Look for answers around the 8th, when your ruler, independent Uranus, forms a trine with take-charge Mars. Indulae liahtly on the 22nd, a potentially very satisfying day. YOUNEED: To skip town toward the end of the month! THE AQUARIUS GUY: All distractions are out now-except for any

Tote bag, Mango, ₱2950.

you dream up.

Blindfold away!



PISCES

02.19 - 03.20

Someone sexy might catch your eye close to the solar eclipse in your zone of relationships on the 13th. Turn up the heat with vournew-orrekindledflame around the 24th, and present a fresh pitch at work near then. YOU NEED: To date beyond yourusualtype. THE PISCES GUY: He's been bitten by the love bughard. Revisit your early days with candles, kisses,

Lace underwire bra, H&M, ₱899.

and lingering caresses.



LOVES: Quality time with thoughtful, creative types who inspire him.

the virgo guy

JERICHO ROSALES 09.22.1979

HATES: Violence and in-your-face eneray.

DREAM DATE: Glamping! A decadent picnic in the great

outdoors. WIN HIM OVER: With

long, witty conversations that reveal your allure is way more than skin deep.



TAURUS

04.21-05.21

Consider taking things to the next level with someone special after the solar eclipse in your house of true love and romance on the 13th. A grand gesture might be in order on the 22nd—an incredible day for romance. YOU NEED: To trust yourself. THE TAURUS GUY: Two-a-

days in the gym have him feeling himself à la Nicki and Queen B. Help him get squeaky clean with a steamy shower at home.

Pure Vanilla Scented Candle. **H&M Home**. ₱499.



GEMINI

05.22 - 06.20

You can't see your future with 20/20 vision right now-and that's okay! After vour ruler, clever Mercury, goes retrograde on the 17th, sketch out a new path for yourself. After a little reflection, the future will look so bright, you're gonna need shades. YOU NEED: To surround yourself with only meaninaful thinas.

THE GEMINI GUY: He wants to be big spoon! Curl up close this month for warm, lazy loving.

Sunglasses, Mango, ₱1250.



CANCER

06.21 - 07.22

Romance may find you on the 5th when the Sun forms a trine to Pluto in your zone of relationships. Feather your nest with a fresh set of luxurious sheets after the 23rd, when the Sun slips into your zone of home and family. YOU NEED: To strike a balance between quiet

time and party time. THE CANCER GUY: Cut Mr. Busy some slack if he's been MIA. A group dinner withallyourmutualfriends will help him catch up.

Duvet cover set. H&M ₱1690



LEO

07.23—08.22

After Venus starts moving direct again on the 6th, stop gripping your stress ball! Plan a trip with your crew close to the Full Moon lunar eclipse on the 27th for some much needed relief. YOU NEED: Fresh perspective on matters of love and money. THE LEG GUY: He's been flakier than a croissant lately. When his head is back in the game after the 6th, let him know you preferit when he's the bagel to your spread.

Sneakers, Mango, ₱1225.





HOW FEMINIST IS HE REALLY?

1 Someone catcalls you while you guys are walking together. He:

a. Says, "The guy's right. You do have a nice rack."

b. Flashes the catcaller a nasty side-eye.

C. Whips out his phone and demands the guy watch the "10 Hours of Walking in NYC as a Woman" video.

2 When talk of Sen. Grace Poe running for President came up in the news, he: a. Said, "Good for

her. I'm pretty sure she has balls anyway."

b. Noted that people should vote based on policies, not gender.

C. Got so pumped he can finally wear that DIY campaign shirt!

3 He thinks having a female Uber driver is:

a. A waste of time because he'll have to give her directions the whole time.

b. Admirable. Shuttling all those people around day in and day out is hard work.

C. So impressive that he'll only book rides when a woman is behind the wheel.

4 You complain about your coworker who always mansplains things, like how to update your software. He:

a. Says, "Well, honey, you know you're not so good with computers." b. Recalls the time he first learned what mansplaining was and apologizes to you for having to deal with it.

C.c. Demands your

just declared himself a feminist (as he should be). Now it's time to see if he's legit.

The main man

in vour life

coworker's e-mail address so he can mansplain how a real man should talk to a woman.

5 A birth control pill comes out for guys. He:

a. Jokes, "If I take it, will I finally get my period?" **b**. Thinks it's cool but wants to see all the research. C. Reveals

his stash from the clinical trial he volunteered for.

THE BREAKDOWN

Mostly As

Feminist in Name Only

This guy sees Beyoncé's feminist Instas and is all "I'm one too!" But while he says he's down with the cause, he's pretty clueless as to what it is. When he says stupid things like "Women aren't funny," have him go on an Ellen marathon. If that doesn't make him eat his words (and LOL), then it may be time to find a new F-(as in feminist!)-buddy.

Mostly Bs **Feminist Game: Strong**

Your guy just gets it. He can quote from Lean In. hates that you pay more for your Schicks than he does, and is as amped about the all-female Ghostbusters reboot as you are. While he has his "What do you want me to do about it?!" moments, he knows what's up when it comes to reproductive rights and equal pay for equal work. In other words, he's totally radical. Good job, you...and, okay, his mama for raising him right.

Mostly Cs **Feministing All Day Erryday**

This guy is so hot for feminism, he asks you to squeeze his hand as hard as your period cramps hurt. He spends his time hashtagging #DownWith ThePatriarchy and has Miriam Santiago tattooed on his shoulder. While he's giving his all to womankind, make sure he doesn't lose sight of the little niceties, like treating vou to dinner every now and then. Always demanding halfsies on the bill in the name of equality isn't cool.

TEXT) MEHERA BONNER, GABY IGNACIO. (PHOTO) NICK ONKEN.

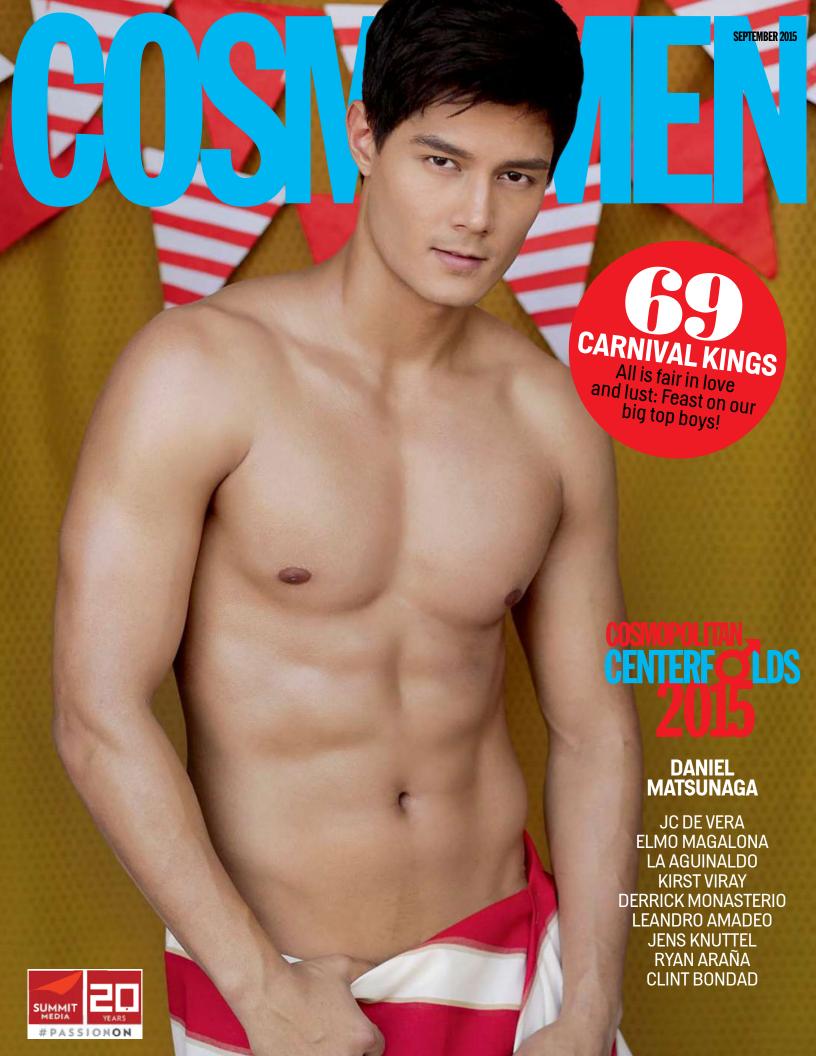




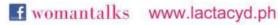
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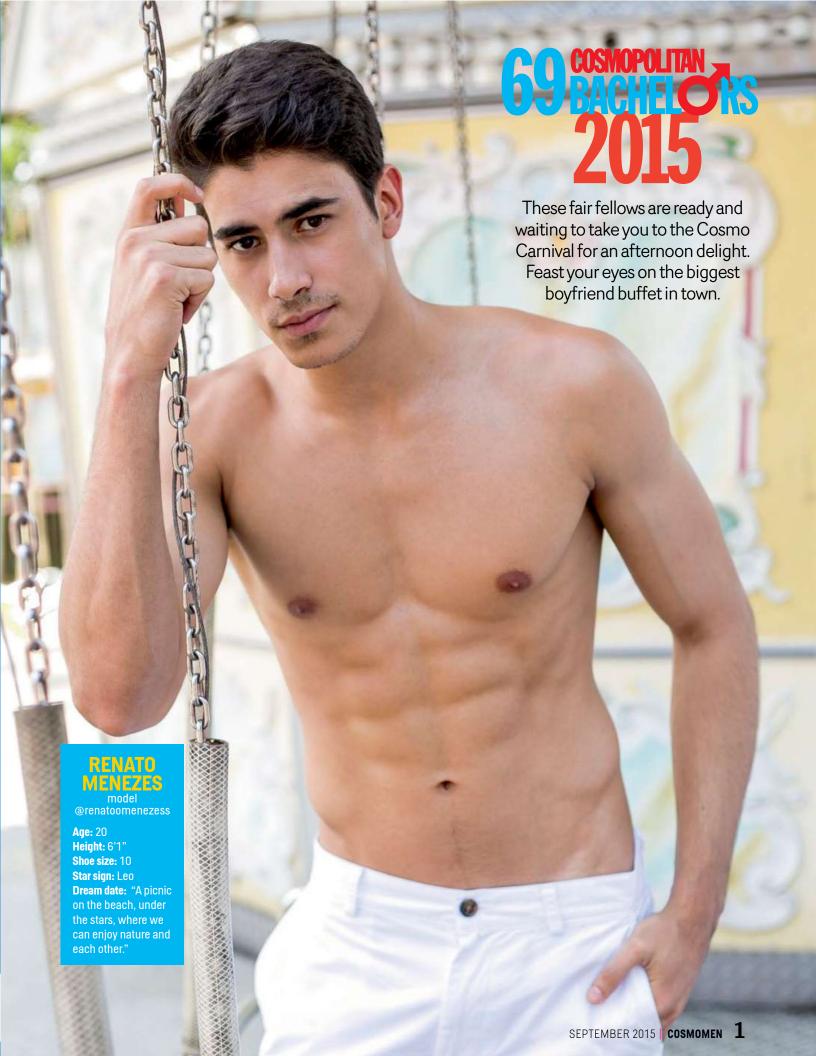
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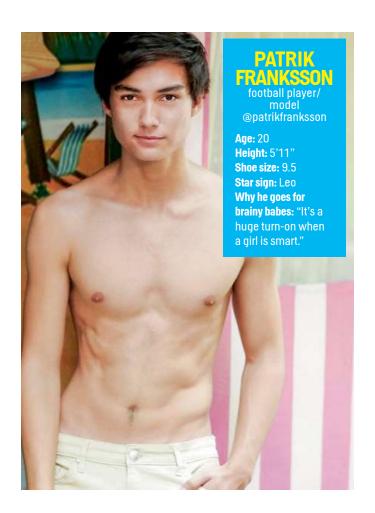




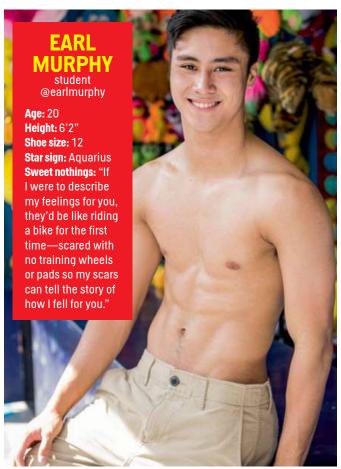




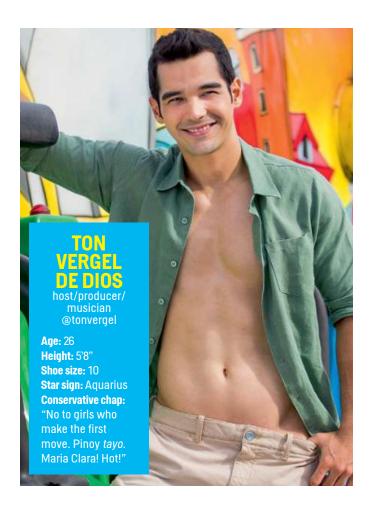


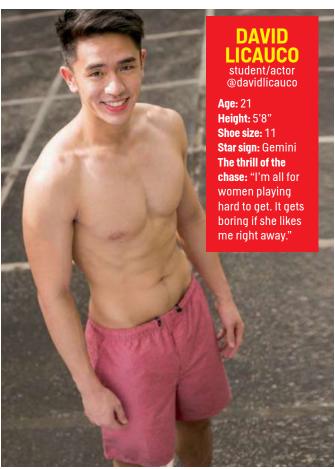






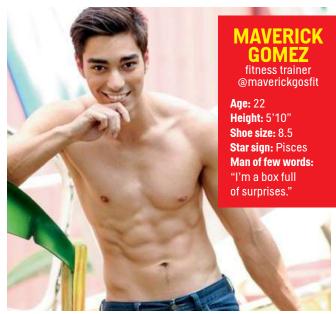




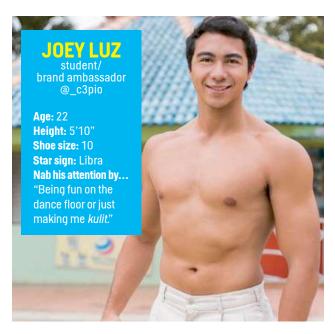








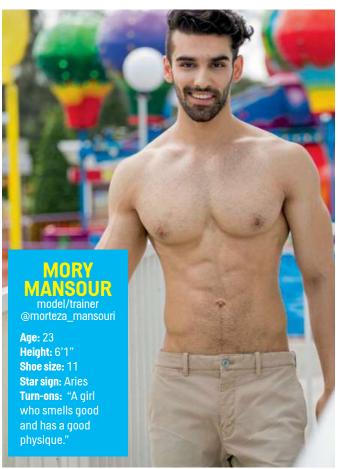






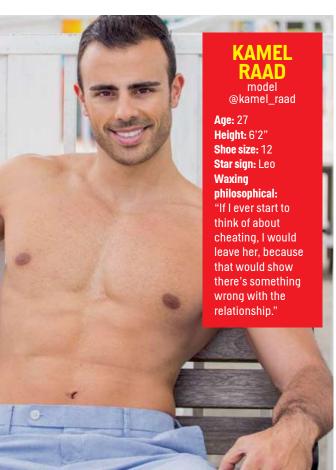


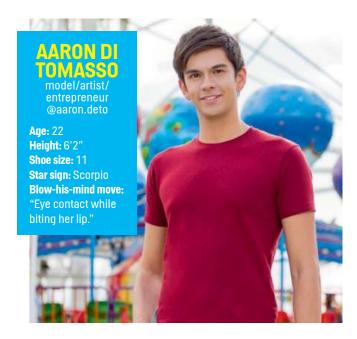


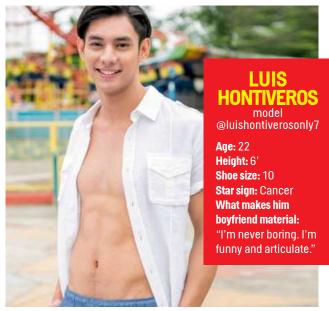










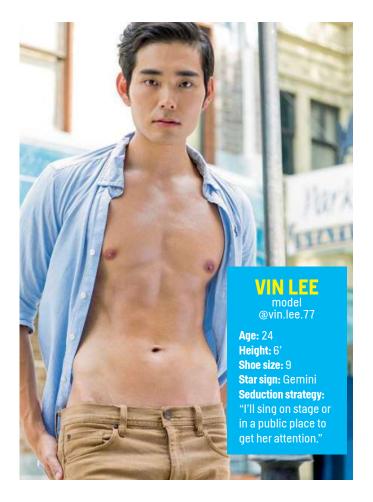


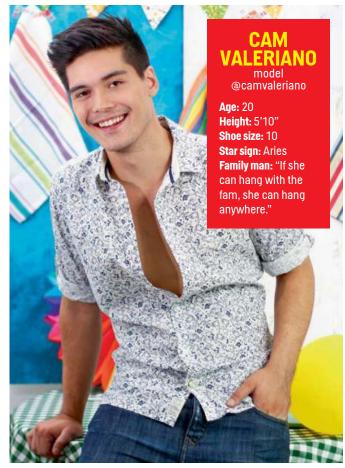




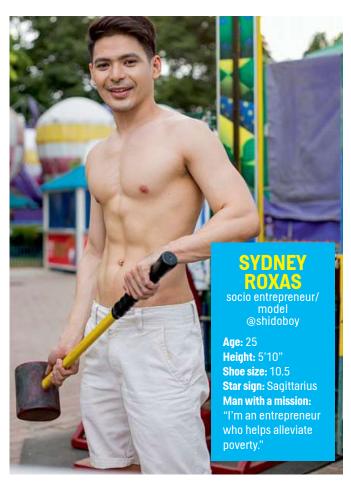


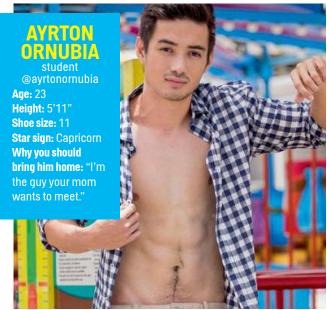










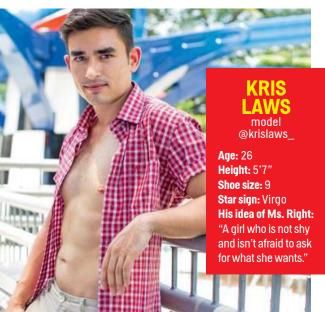




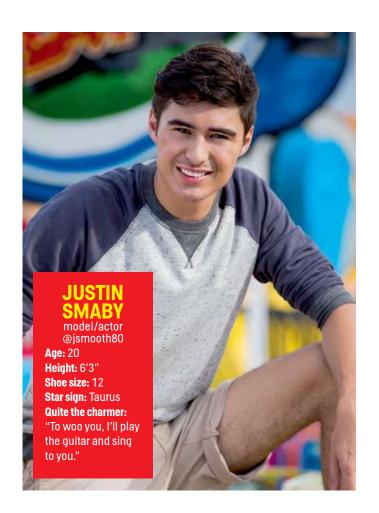








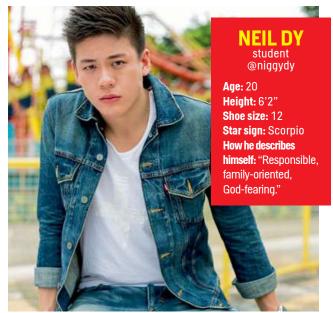








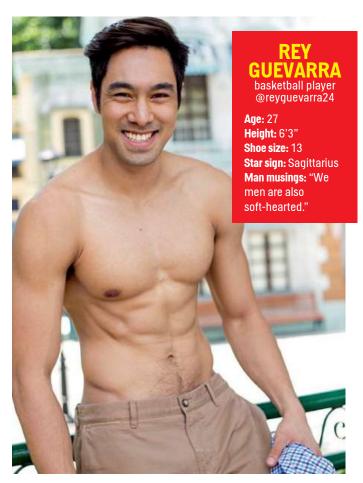


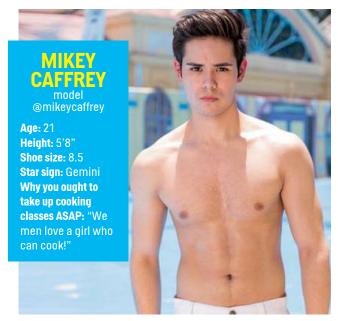






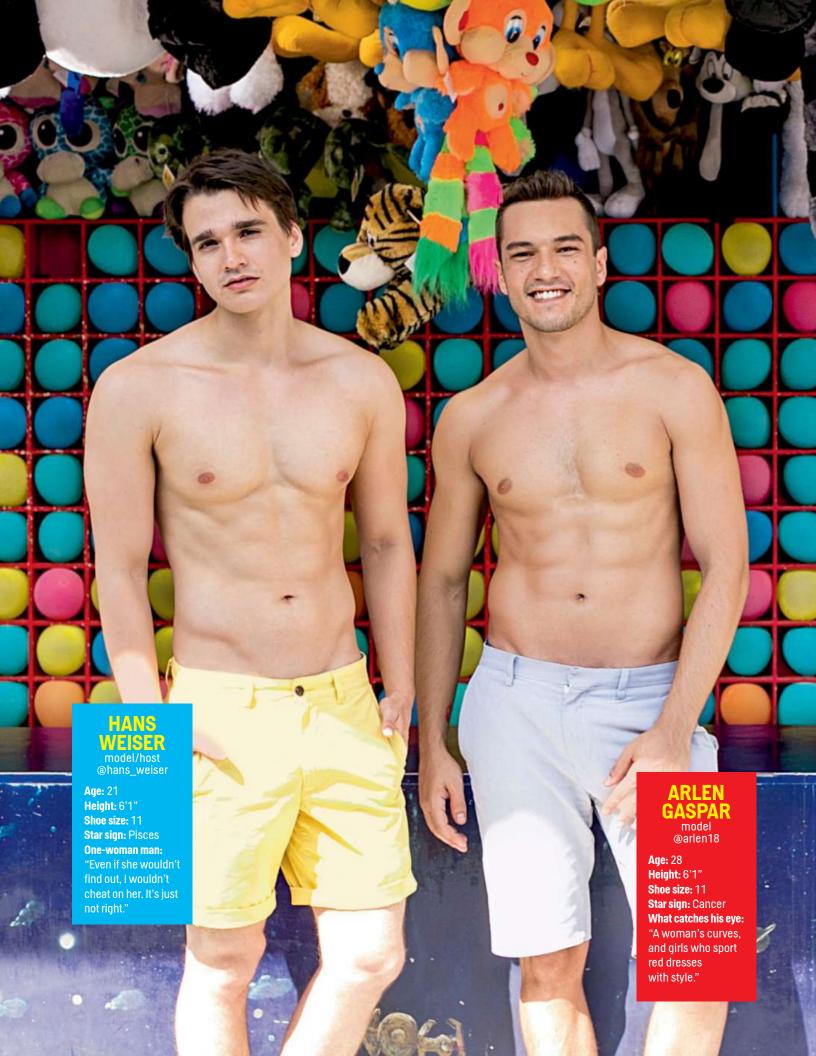








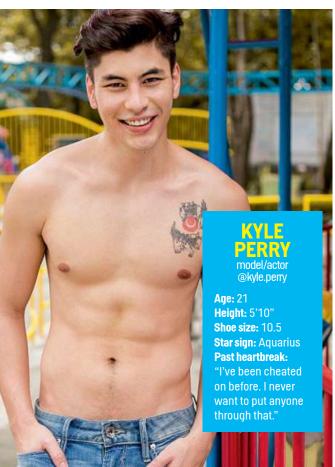




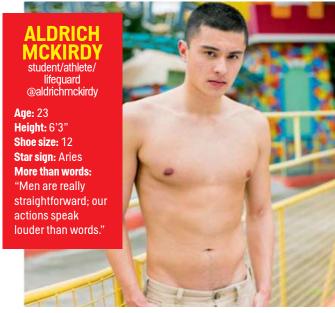


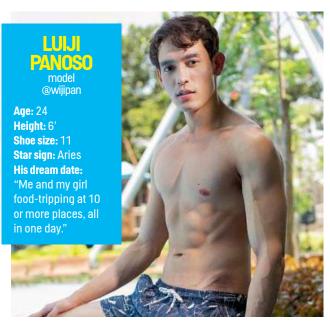




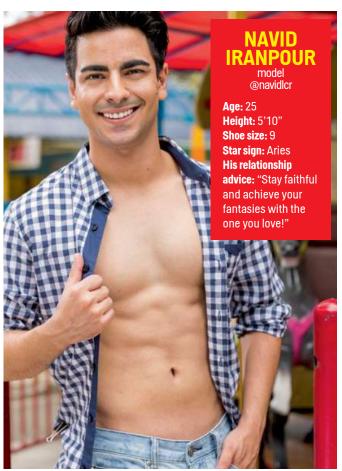


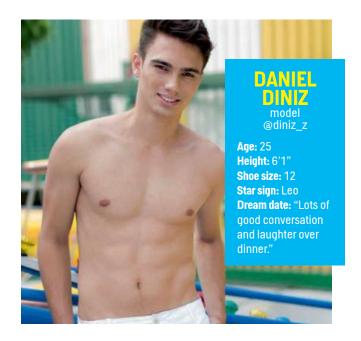




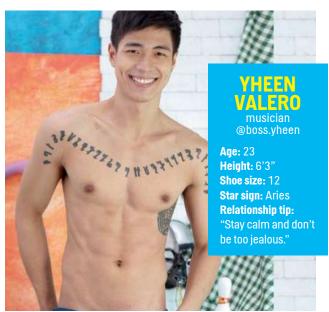


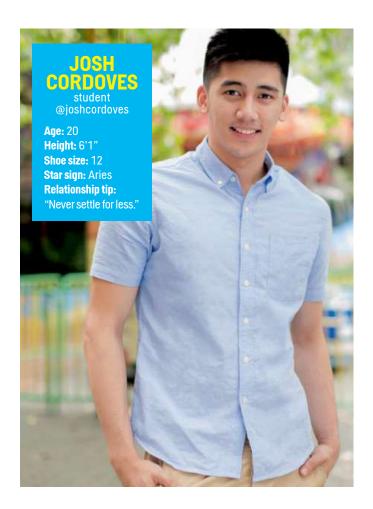


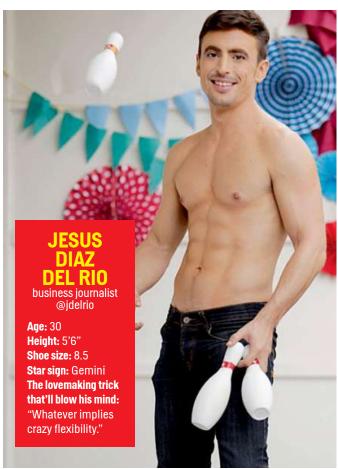










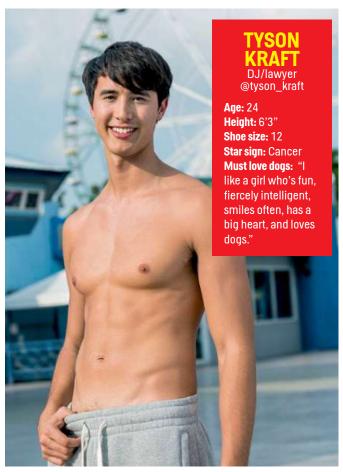














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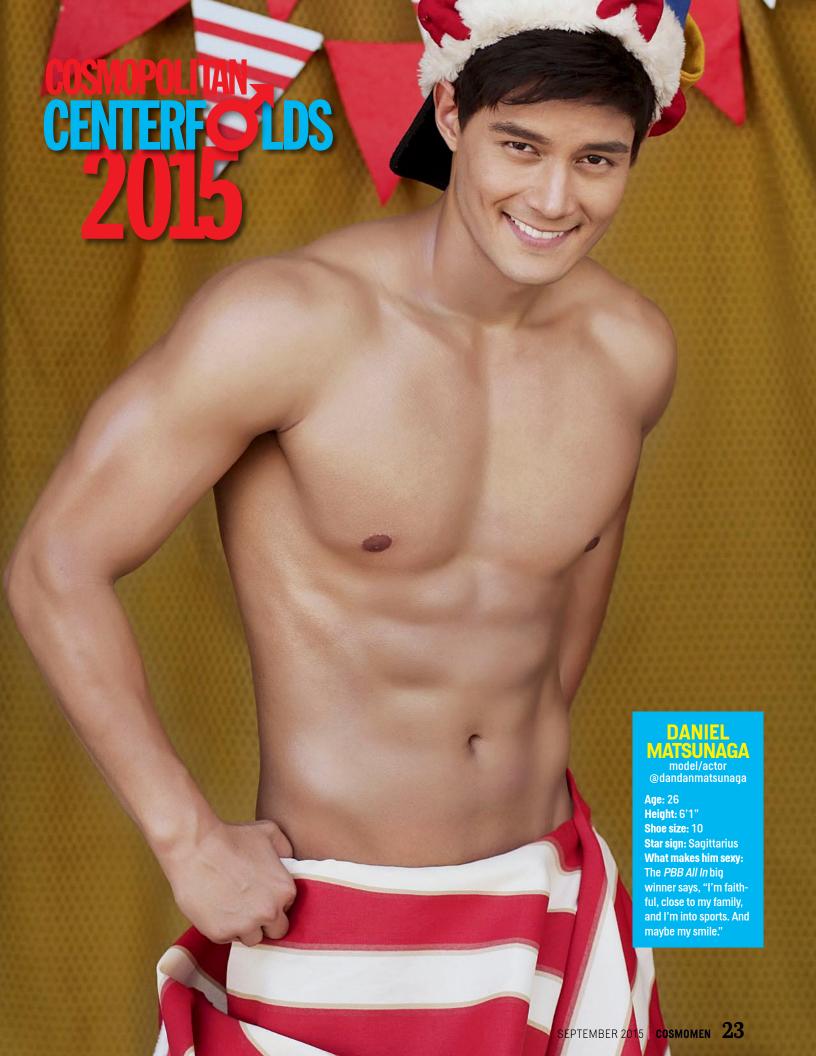
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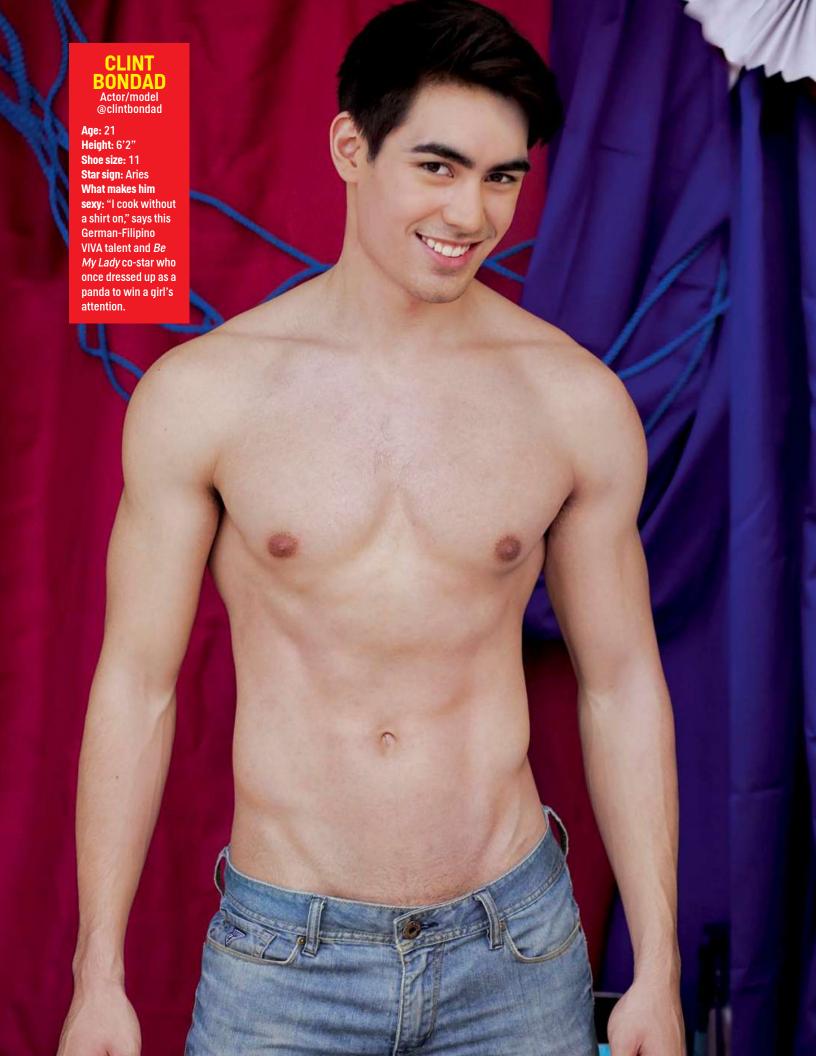
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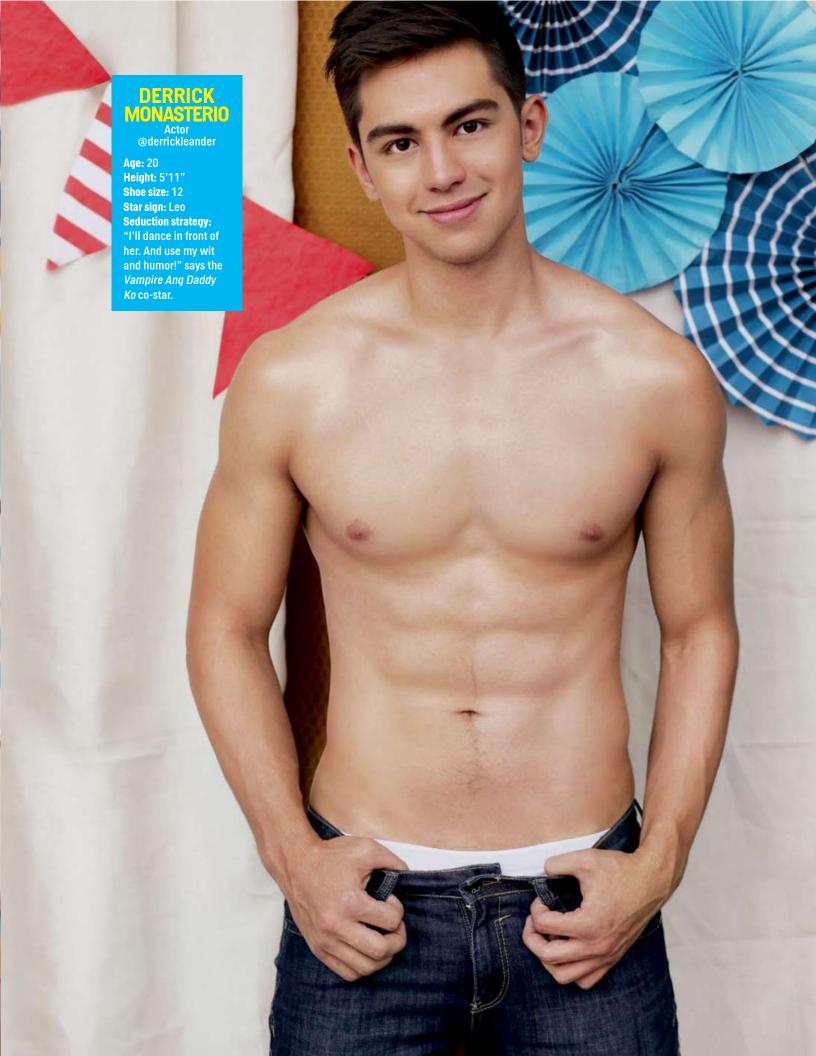
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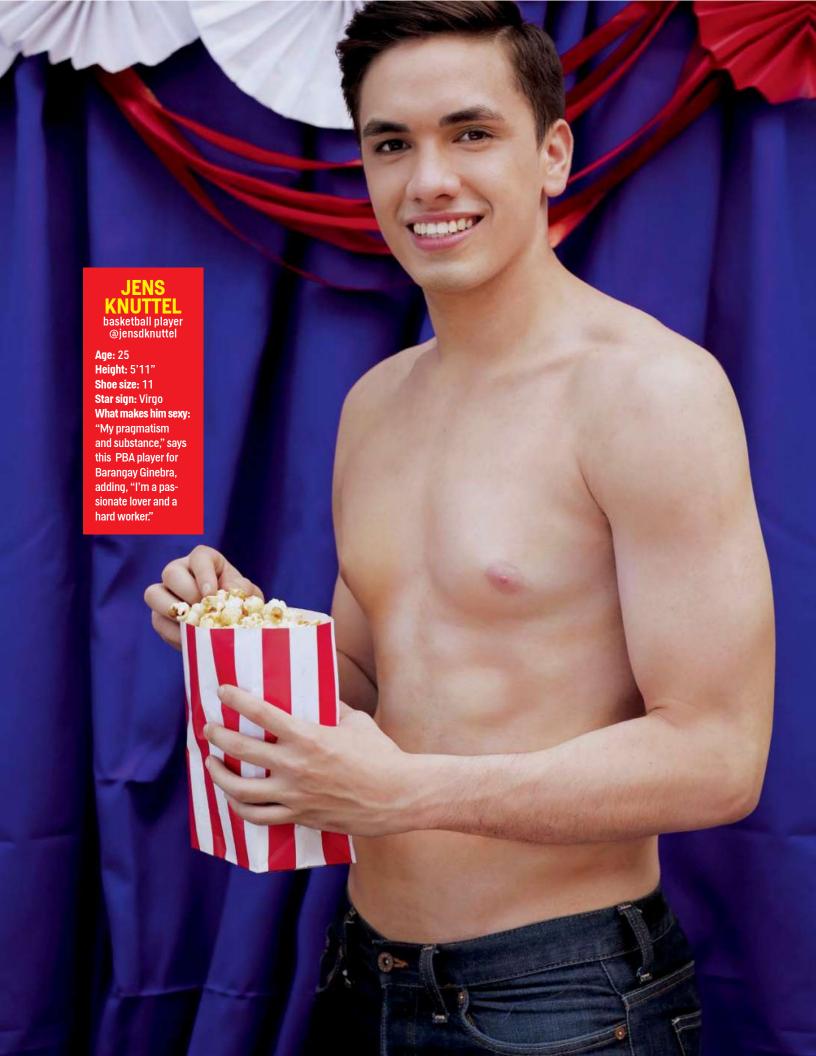






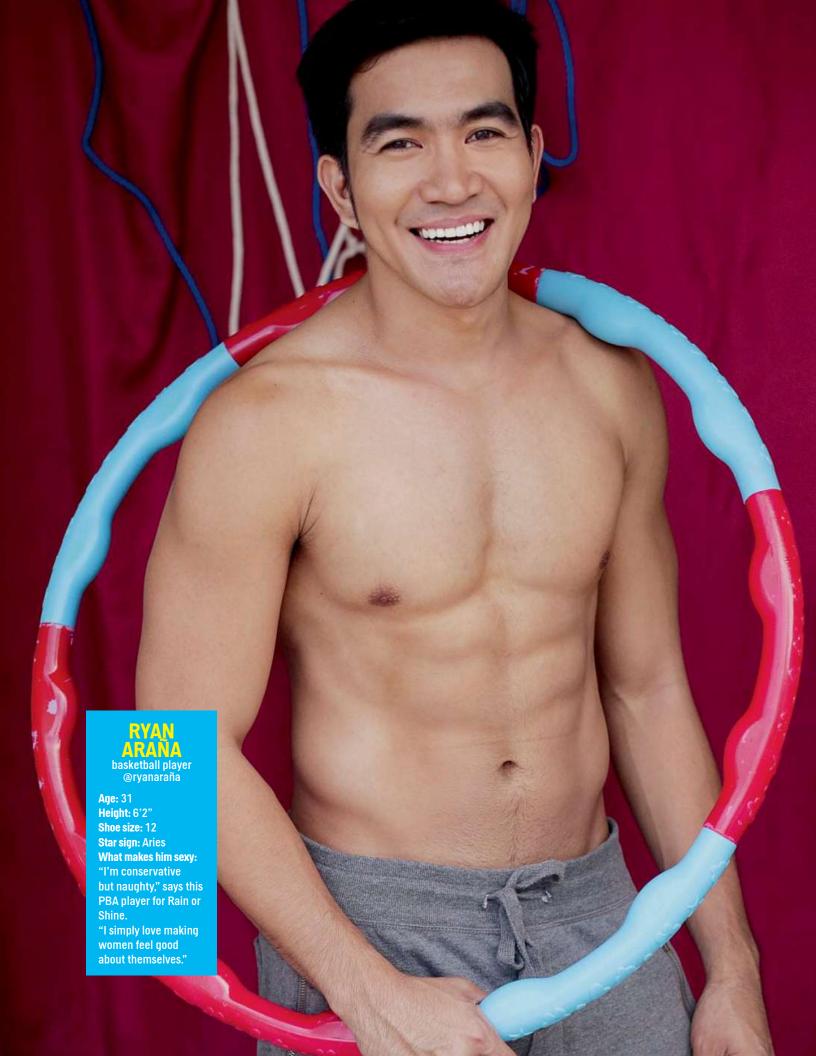


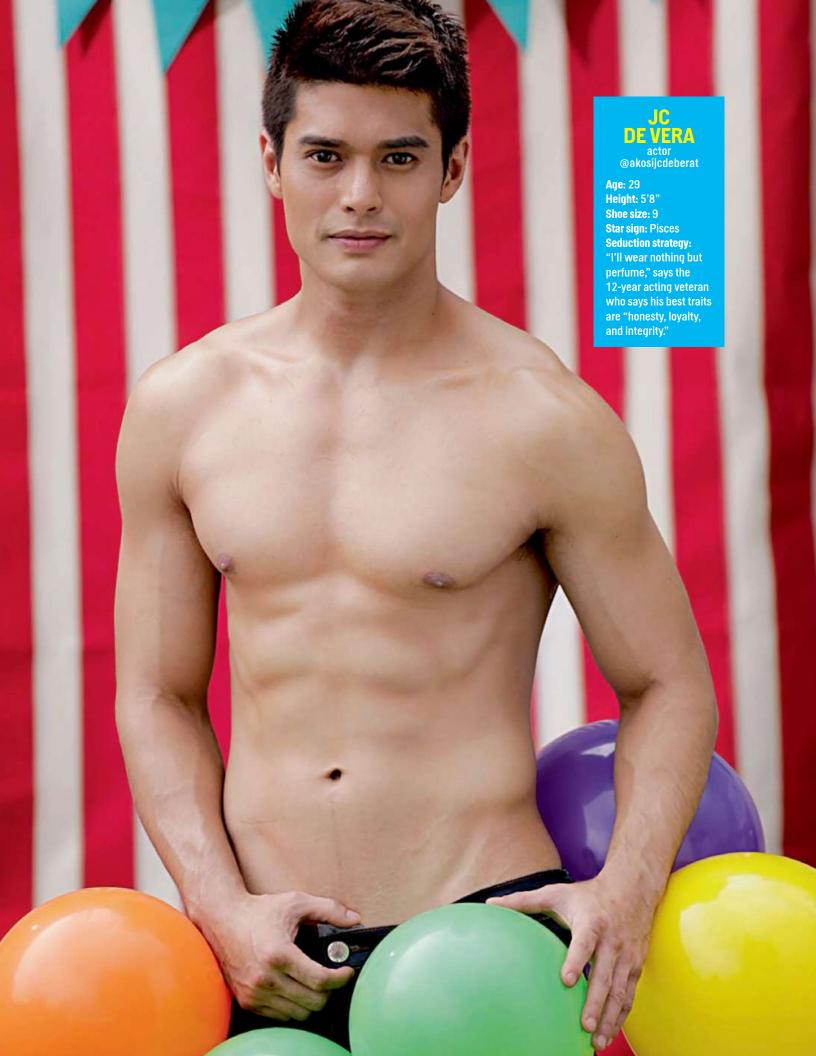












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